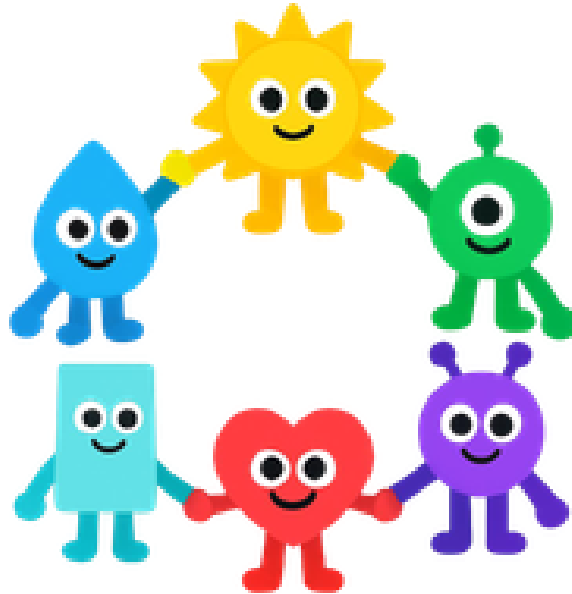




Name: _____

BUILD YOUR DAILY GIVING PRACTICE

7-Day Giving Challenge



A giving practice is simple and makes everyone happy especially YOU!

Do one small act of giving each day and notice how it feels.

This 7-day challenge will help you get started creating a kinder world together.



How to play

1

Read today's idea.

2

Think of one small way to give.

3

Write it down.

4

Go do it!

5

Come back and colour a heart for how it felt.



1 heart is okay.



5 hearts is super happy!



Turn the page → Day 1 starts now!



WHAT'S NEXT?

Loved this? Keep the practice going with **30-Days of Classroom Giving.**



7-Day Giving Challenge



Day 1

Words Make a Difference

Give someone a kind word today. Who would love to hear something nice from you? What will you say?

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?



Day 2

Say Thank You

Every school has helpers, like custodians, office staff, or bus drivers. Who helps at your school every day? How will you thank them?

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?



Day 3

One small action

Time does not cost anything, but it means a lot to one person. What's one small action you could do for someone that only takes a few minutes?

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?



Day 4

Include just one

Look for someone who might feel left out today. Invite them in. Who could you invite to sit with you, play with you, or join in?

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?



Day 5

Care for shared space

Make a space everyone shares a little nicer today. What space do you and your classmates use? How could you help clean up?

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?



Day 6

Share what you are good at today

What is something you are really good at? How could you share it with someone who would enjoy learning it?

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?



Day 7

Share the good news!

You gave every day this week. Who could you tell about it outside your classroom? It may inspire someone else to give too!

OUR ACT OF GIVING TODAY:

☐

I did it

How did it feel?

