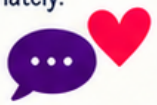
EXCELSIOR CHARTER SCHOOLS

FRIGHTFULLY FRIENDLY

31 DAYS OF KINDNESS CHALLENGE

Small acts. Big impact. Make October a little kinder!

KINDNESS MAKES EVERY DAY A BRIGHTER, BRAVER PLACE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Give someone a genuine compliment. ☐ 	2 Say hello to someone you don't normally talk to. ☐ 	3 Send someone an encouraging text or message. ☐ 
4 Pick up a piece of trash you didn't leave behind. ☐ 	5 Thank a teacher or staff member for something they do. ☐ 	6 Help a classmate who needs a hand. ☐ 	7 Give someone credit for something they did well. ☐ 	8 Include someone who may be feeling left out. ☐ 	9 Help someone understand an assignment or classwork. ☐ 	10 Smile at five people today. ☐ 
11 Write a quick thank-you note to someone. ☐ 	12 Celebrate someone else's success. ☐ 	13 Ask someone how they're doing—and really listen. ☐ 	14 Let someone go ahead of you in line. ☐ 	15 Give someone an unexpected word of encouragement. ☐ 	16 Do something kind for a family member. ☐ 	17 Post or share something positive instead of negative. ☐ 
18 Offer to help someone carry something. ☐ 	19 Tell someone why you appreciate them. ☐ 	20 Do a kind act anonymously. ☐ 	21 Help clean up a shared space without being asked. ☐ 	22 Compliment someone on their effort, not just their results. ☐ 	23 Check in on a friend you haven't talked to lately. ☐ 	24 Brighten someone's day with a joke, kind note, or positive message. ☐ 
25 Thank a campus support staff member. ☐ 	26 Invite someone to join you at lunch or during free time. ☐ 	27 Forgive a small mistake and choose kindness. ☐ 	28 Do something kind for your school or community. ☐ 	29 Tell someone, "I'm glad you're here." ☐ 	30 Do something helpful without being asked. ☐ 	31 **Random Act of Kindness Day!** Do something kind for someone and challenge them to pass it on! 

KINDNESS BUILDS STRONGER SCHOOLS, BRIGHTER COMMUNITIES AND A HAPPIER YOU!