

JANUARY



Kindness Matters!  
Complete as many acts  
of kindness as you can.  
Have fun!



The

# JHS KINDNESS Challenge



## Acts of Kindness

Smile at 25 people.

Donate a book to local youth in need.

Send a thank you note.

Compliment 5 people.

Give your friend a high five.

Create your own kind deed.



\_\_\_\_\_  
Name / Teacher

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