

# KINDNESS CHAIN



with



## Daily quotes

# & challenges

"Kindness is like sugar, it makes life a little sweeter."  
-Carla York

"Happiness is something you put into someone else, as you just get it out of them."  
-Florence Scovel Shinn

"Some people think kindness is free."  
-Unknown

"If you can be one thing, be kind."  
-Plato

"Open your heart more than your mouth."  
-Ed President

Challenge: Talk to someone older than you & ask them to tell you a memory.

Challenge: Do a task for someone that you know that person hates doing.

Challenge: Find a book that you really loved in the library & leave a small paper note explaining why you love the book.

Challenge: Put a nice message or silly drawing in someone's binder, locker, or desk.



# NOTE TO THE TEACHER-

Dear Teacher,

There are 25 chain links in this resource. The most school days one month can have are 23 days, so you count how many school days there are in the month that you chose to do this and select which quotes you want to include. Each day, students will rip off one of the links from the chain and read the quote and reflect on it. You can have students keep a reflection journal for the month or you can have them verbally discuss each quote with a partner or a whole class discussion. Read the whole class challenge on the chain to the class and challenge each student to try and complete the challenge. If time permits, students can discuss daily how they attempted to complete each day's previous challenge.

To construct the habits chain, you will need to double sided print/photocopy a quote page with a challenge page. Once double sided, cut on the cut line and link together the chain. Look at the cover on this product for a visual of a paper chain. The lines on the edge of each paper side are to help you or students line up the paper to know where to staple or tape them.

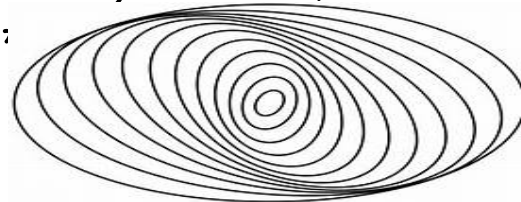
If you want to extend this activity throughout the year or for more than one month, I have a bundle that is heavily discounted that includes 200 chains, so you can use it for the entire school year (and still have a few left over if you want to omit any of the chain links.) IN addition, you can buy several extension months a la carte.

Good luck with this challenge and thank you for spreading positivity throughout our world. You and your students are awesome!



“Kind words can be short and easy to speak, but their echoes are truly endless.”

—Mother Teresa



“Kind is the language which the deaf can hear & the blind can see.”



—Mark Twain

“Some people care too much. I think it’s called LOVE.”



—Winnie the Pooh



“Be kind. For everyone you meet is fighting a harder battle.”

—Plato

“No matter what happens in life be good to people. Being good to people is a wonderful legacy to leave behind.” —Taylor Swift








**Challenge**

Give a book you enjoyed to someone.  
Write a message on the jacket.


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**Challenge**

Help someone with a task that is  
easy for you, but hard for him/her.


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**Challenge**

Hold a door open for someone else.

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**Challenge**

Take a minute to tell a parent of a  
friend why your friend is awesome.

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**Challenge**

Smile while actually looking at  
someone.

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"If we all do one random act of kindness daily, we just might set the world in the right direction."



"Kindness, like a boomerang, always returns."



"Be somebody who makes everybody feel like somebody."



"Try to be a rainbow in the middle of a thunderstorm."





"Throw kindness around like confetti."







**Challenge**

Send a nice text or write a quick note to someone that you appreciate.





**Challenge**

Compliment a stranger.



**Challenge**

Pick up one thing that does not belong to you & put it in its rightful place.  
(even if it is a rock)





**Challenge**

Give someone a hug.

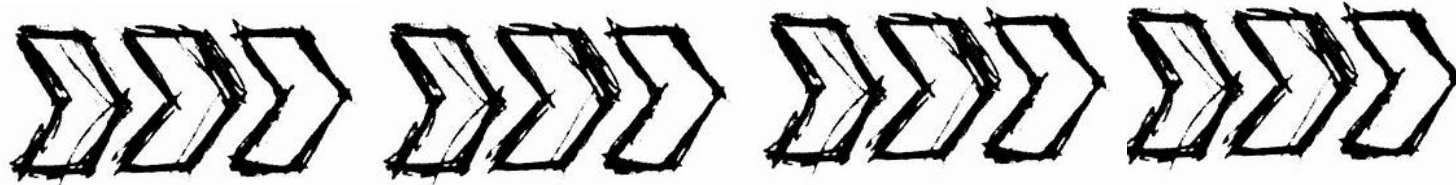


**Challenge**

Today say please & thank you today for simple tasks that someone does for you.

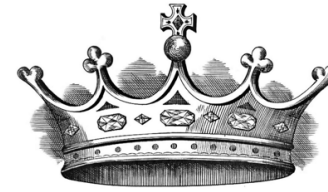


“One kind word can change someone’s entire day.”

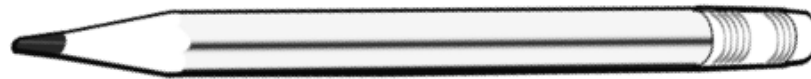


“I speak to everyone the same way. Whether he is the garbage man or president of the university.”

—Albert Einstein



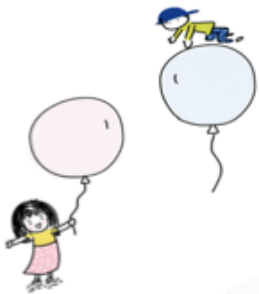
“If you don’t have anything nice to say, **THINK HARDER.**”



—Kid President

“we rise by lifting others.”

—Robert Ingersoll



“Kindness is a gift everyone can afford to give.”









## Challenge

Leave an inspirational note on your desk for the next person who sits there.




## Challenge

Say thank you to the custodians or ask how they are doing.



## Challenge

Clean up after someone else in the lunchroom today or remind a friend to clean up his/her mess.



## Challenge

Find someone to read to today.



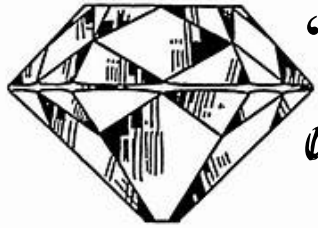
## Challenge

Straighten out/clean a place in one of your classes that everyone uses.



"Kindness is like sugar; it makes life taste a little sweeter."

-Carla Yerovi



"Happiness isn't something you put inside. It is already there. Sometimes you just need to find it."

-Poppy

"Some people tend to forget: kindness is free."



"If you can be one thing, be kind."



-Plato



"Open your heart more than your mouth."


-Kid President



**Challenge**

Talk to someone older than you & ask them to tell you a memory.


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**Challenge**

Make a thank you card or say thank you to the librarian.


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**Challenge**

Find someone to do a task for that you know he/she hates doing.


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**Challenge**

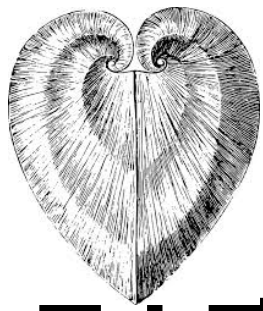
Find a book that you really loved in the library & leave a small paper note inside about why you loved the book.

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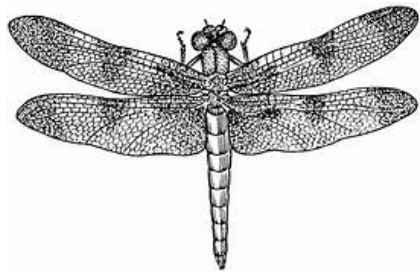
**Challenge**

Put a nice message or kind silly drawing in someone's binder, locker, or desk.



“Before you speak ... Think and be smart  
... It’s hard to fix ... a wrinkled heart.”

“Character is doing the right thing when no  
one else is looking.”



“Treat others the way  
you want to be treated.”



“ if you want more kindness in  
the world, put it there.



“You are responsible for how you act, no matter how you feel.”





Send a nice text or write a quick note to someone that you appreciate.



High five a stranger.



Tell someone important to you that you love them.



Make someone laugh today (especially if they don't laugh often.)



Straighten out desks in a classroom.