

# World Kindness Day CHALLENGE



**W**orld Kindness Day is observed on November 13th and was created as part of the World Kindness Movement. World Kindness Day is celebrated all over the world, including the United States, Canada, Japan, Australia, and the United Arab Emirates. The purpose of World Kindness Day is to emphasize the unifying power of kindness. To celebrate World Kindness Day complete at least 10 activities on the list below.

- Be Kind to Yourself: write a love poem to yourself and read it out loud
- Create and email/text kindness cards to three people, here are some examples:
  - ♥ You got this!
  - ♥ Thanks for Being you!
  - ♥ Have a lovely day!
- Check in with an old friend or family member to ask how their day is
- Write someone a kind note
- Set an alarm to go off three times. When the alarm sounds, stop what you're doing and call, text, or email someone to tell them how awesome they are
- Spread positivity on social media
- Help around the house
- Bake a special treat to share with your family and friends
- Go for a walk and think of three ways we can be kind to nature
- Play with your pet
- Learn how World Kindness Day is celebrated around the world
- Exercise for 30 minutes
- Be empathetic to your family, friends, sister scouts, and peers.
- Write or draw a positive message with sidewalk chalk
- Create a gratitude list



This poster challenge also qualifies for the Share it, Try it, and Do it! requirement of the Girl Scouting at Home Patch. Once you've completed the challenge you can purchase the patch in the shop for \$1.00 using the link below:

<https://gsnc.wufoo.com/forms/shop-order-form/>

**Sources:**

<https://nationaltoday.com/world-kindness-day/><https://www.randomactsof-kindness.org/the-kindness-blog/2766-10-fun-ways-to-celebrate-world-kindness-day>