

The Great Kindness Challenge

Student Name 學生姓名: _____ Class 班級: _____

January 15 – February 12, 2023

Take a month. Have fun and complete as many kind acts as you can. Create a kinder world.

Honestly make a check “V” mark on the items you achieve on a daily basis.



Kind Acts	1/15	1/16	1/17	1/18	1/19	1/20	1/21	1/22	1/23	1/24
1. Deposit bamboo savings bank to help people 日存竹筒助人好										
2. Eat more plant based meals 多吃植物性的餐點										
3. Be kind to yourself, do 10 minutes exercise everyday 善待自己, 每天做 10 分鐘運動										
4. Thank someone who has helped you 跟幫助你的人道感恩										
5. Smile and compliment 5 people 微笑並口說好話讚美五個人										
6. Help at least 5 people a day 每天至少幫助五個人										
7. Clean up your room, home or community 清潔臥房、家裡或社區										
8. Give Away / Donate supplies 把自己不用的新舊物品捐獻或送人										
9. Be nice to yourself, eat healthy snacks 善待自己吃健康的零食										
10. Create your own kind deed and write it down 自己創造一個新的慈悲行為並寫下來										

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Kind Acts	1/25	1/26	1/27	1/28	1/29	1/30	1/31	2/1	2/2	2/3
1. Deposit bamboo savings bank to help people 日存竹筒助人好										
2. Eat more plant based meals 多吃植物性的餐點										
3. Be kind to yourself, do 10 minutes exercise everyday 善待自己, 每天做 10 分鐘運動										
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Kind Acts	2/4	2/5	2/6	2/7	2/8	2/9	2/10	2/11	2/12
1. Deposit bamboo savings bank to help people 日存竹筒助人好									
2. Eat more plant based meals 多吃植物性的餐點									
3. Be kind to yourself, do 10 minutes exercise everyday 善待自己, 每天做 10 分鐘運動									
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