

Your Name:

Student ID #:

T.H.E. P.E.A.K. KINDNESS CHALLENGE

At Lone Peak, we value being KIND to ourselves and others.

**COMPLETE 15 OR MORE CHALLENGES. (1 deed = 1 check, no points for repeated challenges but YAY, YOU!)
FINISH THE REFLECTION and TURN THIS INTO THE OFFICE no later than
TUESDAY, OCT. 30 at 2:45 pm to earn 20 points on the 5-Star app.**

- Smile at everyone you see for a whole day.
 - Give an encouraging note to a friend.
 - Sincerely compliment 5 people.
 - Pick up 10 or more pieces of trash on campus.
 - Clean up a mess left by someone else.
 - Try to cheer someone up.
 - Put away your phone for a face-to-face conversation at lunch.
 - Allow someone to do the talking while you do the listening.
 - Use only positive cheers at a school event.
 - Be kind to yourself by forgiving a mistake or failure.
 - Learn something new about someone else.
 - Learn the names of 3 people you don't know and greet them by name the next time.
 - Help a student, teacher, or other person in need.
 - Show appreciation to a counselor or student advocate.
- Say "good morning" to 15 people.
 - Forgive someone.
 - Say "thank you" to a custodian, the librarian, or a cafeteria worker and explain your appreciation.
 - Invite someone new to hang out with you.
 - Include someone new in your friend circle or conversation.
 - Send a THANK YOU note to an administrator, teacher, or other staff member.
 - Sit with a new group at lunch.
 - Stand up for someone who is being put down.
 - Carry your friend's backpack.
 - Hold the door open for someone.
 - Speak kindly to someone who is alone.
 - Think 5 positive thoughts about yourself.
 - Actively listen to all your teachers for the entire week.
 - Lend a pencil/pen/paper, etc. to a classmate.
- Create your own kind deed: _____
- Create your own kind deed: _____

REFLECTION:

How has being involved in the Kindness Challenge impacted you?

How have you seen kindness impact others? Share your experience.

How will you continue being kind at THE PEAK?
