



# KINDNESS CHALLENGE

**(Complete 10 by March 31, 2018)**

- Let someone else choose what the family does one night.
- Let someone else go first.
- Do the dishes.
- Send an unexpected text of encouragement.
- Help fold or put away the laundry.
- Clean someone's car.
- Pick up after yourself.
- Prepare someone's favorite meal.
- Vacuum the house.
- Take a day not to complain or say anything negative.
- Dust the house.
- Offer to take kids to activities or school if you typically don't.
- Clean bathroom-mirrors, toothpaste, etc.
- Clean the garage.
- Clear the table after dinner.
- Stop and listen if someone wants to talk.
- Take out the trash.
- Give a 3 minute shoulder massage (if wanted by other person).
- Feed, brush, or take out your pets.
- Let someone sleep in.
- Make your bed.

- If someone is sitting, offer to get them something.
- Clean your room.
- Get up with the baby instead of your spouse.
- Leave an unexpected note.
- Say something nice about a family member in public.
- Leave candy/beverage/snack.
- Do a job that's typically someone else's.
- Verbally compliment each person in the home.
- Apologize for a past hurt.
- Tell each person you love them using their name.
- Make something to give someone.
- Watch a movie together.
- Play a game together.
- Read together (if younger).
- Take someone out for a special night.
- Give each person a hug.