

#BEKIND39 Challenge

39 acts of kindness for all ages dedicated to honoring positive human-to-human interaction and the 39 years Stan's dad had on this earth to inspire him!!

Tag us when you complete the challenge!

#bekind39

 Leapforliteracy  leap4literacy
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- 39. Hold the door for a friend
- 38. Write a kind note
- 37. Give a high five
- 36. Tell a funny joke
- 35. Reuse or recycle something
- 34. Read with a friend
- 33. Compliment somebody at work/school
- 32. Start a conversation with somebody new at work/school
- 31. Put something out of place back where it goes
- 30. Let someone else go first in line
- 29. Give hugs to several friends
- 28. Help someone clean up their space
- 27. Write a thank you note
- 26. Send thank you letters to soldiers
- 25. Say "please" ten times today
- 24. Say "thank you" fifteen times today
- 23. Lend your friend your favorite book
- 22. Invite someone to play at recess/invite someone to eat lunch at work
- 21. Tell your principal how great your teacher is/ tell your boss how great your co-worker is
- 20. Give someone flowers
- 19. Say thank you to a janitor



- 18. Call your siblings and tell them how much you care about them
- 17. Do a chore for somebody else
- 16. Clean up a mess you didn't make
- 15. Help make dinner
- 14. Send a "get well" card to someone sick
- 13. Make a homemade gift for someone
- 12. Fist bump a friend
- 11. Write "You're Amazing!" on a sticky note and put it on somebody's desk
- 10. Apologize to someone for something you should have done differently
- 9. Compliment the first two people you see today
- 8. Shake a friend's hand and smile
- 7. Thank someone for making a difference in your life
- 6. Make your bed and somebody else's bed in your home.
- 5. Let someone else pick what to watch on tv
- 4. Call a relative who lives far away just to catch up
- 3. Tell your best friend why you think they are the best
- 2. Volunteer to do a task at school/work
- 1. Be kind to yourself: give yourself three compliments in the mirror today!