

30-Day Kindness Challenge

One small kind act a day — colour a heart each time

- | | | |
|---|---|--|
|  Day 1
Say good morning with a smile |  Day 11
Write a kind note |  Day 21
Feed a pet or bird |
|  Day 2
Give someone a compliment |  Day 12
Pick up litter you see |  Day 22
Give away a toy you've outgrown |
|  Day 3
Help clear the table |  Day 13
Help a younger child |  Day 23
Listen without interrupting |
|  Day 4
Draw a picture for someone |  Day 14
Give a big hug |  Day 24
Make a card |
|  Day 5
Let someone go first |  Day 15
Read to someone |  Day 25
Say something kind about yourself |
|  Day 6
Share a toy or snack |  Day 16
Make someone laugh |  Day 26
Help make dinner |
|  Day 7
Say thank you to a helper |  Day 17
Water a plant |  Day 27
Wave to a neighbour |
|  Day 8
Tidy up without being asked |  Day 18
Say sorry and mean it |  Day 28
Invite someone to play |
|  Day 9
Call a grandparent |  Day 19
Cheer someone up |  Day 29
Thank a teacher |
|  Day 10
Hold the door open |  Day 20
Do a chore for a sibling |  Day 30
Plan a kind surprise |

Colour the heart the day you do it. Fill all 30 and celebrate together!

FAMILYDECODE

You've got this.

This is one of 30+ free FamilyDecode printables made to take one hard family moment and make it a little easier.



- Routine & bedtime charts
- Feelings & calm-down tools
- Chore charts by age
- Milestone & potty trackers
- Travel checklists & activity packs

GET THEM ALL — FREE

familydecode.com/free-printables

Pick the ones your family needs — we'll email them to you. No daily spam, ever.