



THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition

THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition

Page 1: The 20 Day Kindness Challenge - Home Edition Cover
Page 2: Page guide and terms and conditions
Page 3 Page 8: The 20 Day Kindness Challenge (home edition)
- Coloured cards
Page 9 - Page 15: The 20 Day Kindness Challenge (home edition) -Black and white cards

By downloading and using this product you agree to:

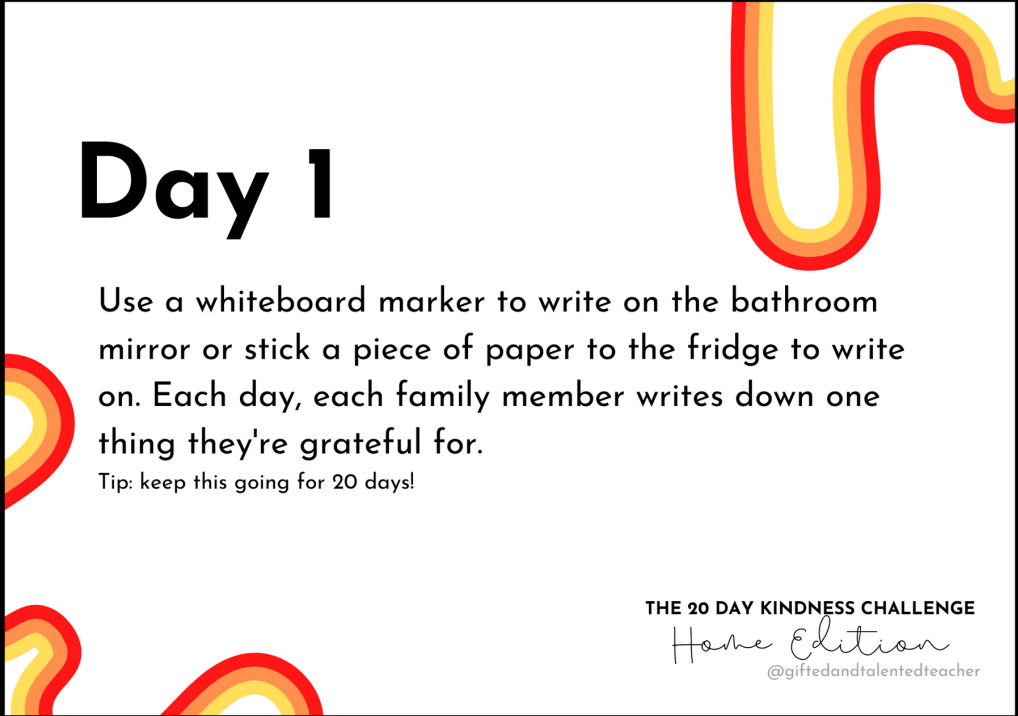
- not benefit financially from this resource.
- not copy or modify this resource.
- not post this resource online or in shared storage.

A large, vibrant rainbow arches across the top left of the page. Below it, several smaller, multi-colored wavy lines in shades of green, blue, and purple flow down the right side and bottom left.

THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition

A large, vibrant rainbow arches across the top right of the page. Below it, several smaller, multi-colored wavy lines in shades of red, orange, and yellow flow down the left side and bottom right.

Day 1

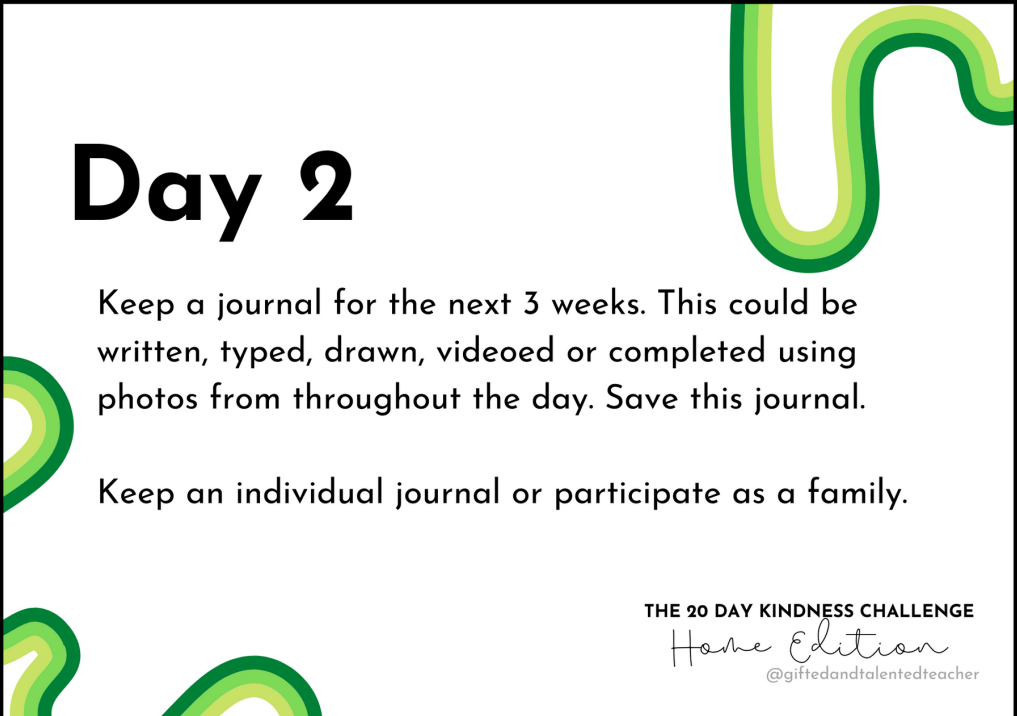
Use a whiteboard marker to write on the bathroom mirror or stick a piece of paper to the fridge to write on. Each day, each family member writes down one thing they're grateful for.

Tip: keep this going for 20 days!

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

A large, vibrant rainbow arches across the top right of the page. Below it, several smaller, multi-colored wavy lines in shades of green, blue, and purple flow down the left side and bottom right.

Day 2

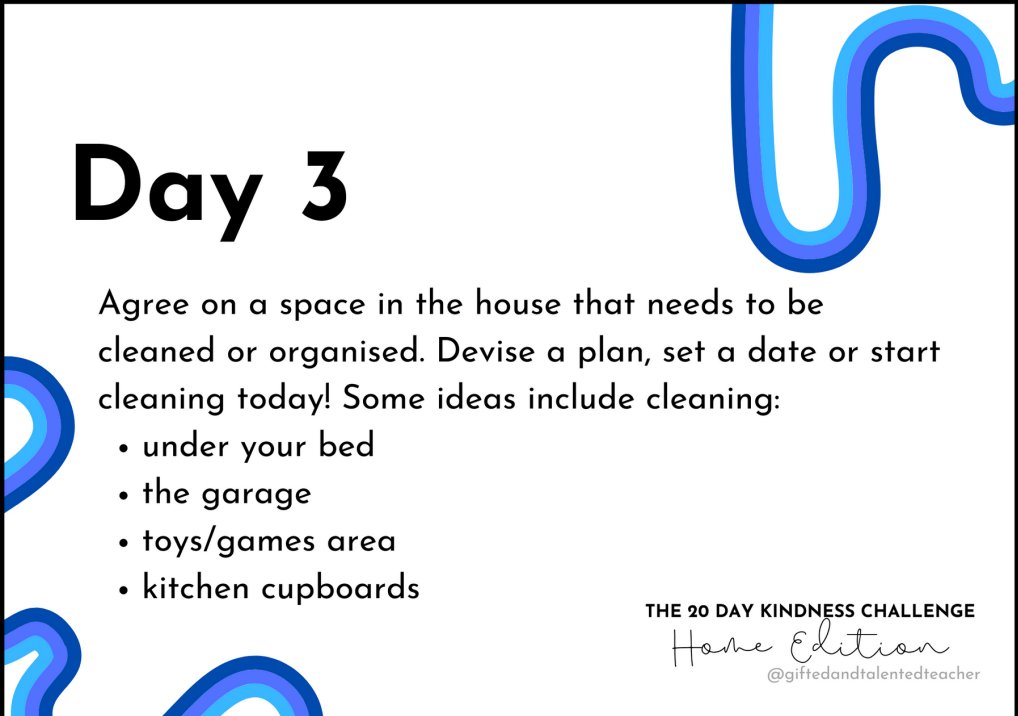
Keep a journal for the next 3 weeks. This could be written, typed, drawn, videoed or completed using photos from throughout the day. Save this journal.

Keep an individual journal or participate as a family.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

A large, vibrant rainbow arches across the top right of the page. Below it, several smaller, multi-colored wavy lines in shades of blue, green, and yellow flow down the left side and bottom right.

Day 3

Agree on a space in the house that needs to be cleaned or organised. Devise a plan, set a date or start cleaning today! Some ideas include cleaning:

- under your bed
- the garage
- toys/games area
- kitchen cupboards

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 4

Send an email, video call or write a letter to a loved one. Things to include:

- 3 questions
- what you have been up to
- 3 things you're grateful for

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 5

Listen to a Podcast as a family.

Ask each other:

- "What did you learn?"
- "What are you confused about?"

Tip: a great daily podcast for parents and children is 'Squiz Kids'!

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 6

Be active! Participate in a dance. You could do this by:

- playing your favourite song and dancing to it
- following a "Just Dance" YouTube video
- creating your own dance routine
- develop an active routine to music e.g. 3 star jumps, 3 sit ups and 3 push ups (repeat)

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 7

Read aloud. Take turns in reading a book, or listen to someone read.

- Throughout the reading, take turns in asking questions that start with "how" or "why"?
- For example: "why do you think that happened?" or "how do you think the character feels?"

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 8

Participate in an activity to develop a new skill. Some ideas include:

- baking/cooking with a parent
- sewing/knitting
- learning 10 words from a foreign language
- learning sign language
- digital drawing
- painting

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 9

Appreciate the world around you.

Notice the plants, flowers or trees outside your window. Take photos or draw these natural parts of our world.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 10

Fill a bucket with warm water. Add soap. Throw in hard plastic toys and give them a scrub!

Locate soft washable toys and throw them in the washing machine. Help by hanging these out on the clothes line.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 11

Help to clean out the pantry. Organise items and throw out anything that might be out of date.

Check inside the fridge. Is there anything that's been sitting in there for too long? Help to organise the fridge.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 12

Drink enough water today.

Grab a water bottle and fill it up.

'Healthy Kids' Recommendation:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

Note: parents to decide on how much water is appropriate for a single day for their child.

THE 20 DAY KINDNESS CHALLENGE

Home Edition
@giftedandtalentedteacher

Day 13

Participate in an activity that sparks joy and involves everyone. Ideas include:

- spray shaving cream on the window and finger draw
- make some play dough
- create an obstacle course
- make a family time capsule

THE 20 DAY KINDNESS CHALLENGE

Home Edition
@giftedandtalentedteacher

Day 14

Play a board game or start a puzzle. Set a 30 minute timer. When the timer goes off, jump up and stretch.

Keep the timer on for every 30 minutes.

THE 20 DAY KINDNESS CHALLENGE

Home Edition
@giftedandtalentedteacher

Day 15

Get active! Participate in "Simon says..." using movement.

For example:

Simon says, "run on the spot".

Simon says, "jump on the spot".

THE 20 DAY KINDNESS CHALLENGE

Home Edition
@giftedandtalentedteacher

Day 16

Set a timer for 5 minutes. Sit down and breathe. Focus on deep, slow breaths. Do this by yourself or with your family.

Remember that all feelings and situations are temporary.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 17

Participate in a technology-free day. What changes do you need to make to ensure you can still do some of the same activities throughout your day. Participate in some extra hands-on activities:

- make a card for your teacher
- do a chore for your sibling
- draw a picture for a family member

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 18

Ask to make breakfast for your family. Think about what you've got in the house already and what you could make.

Ask to make your parents a tea or coffee throughout the day. Ask for help where you need it.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 19

Tonight at the dinner table, you're going to be asked to tell a joke. This might be a joke you already know or one that you'll have to find. Be prepared to make your family laugh! Bonus points for more than one joke!

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 20

Go outside and look up at the sky. Find a cloud and take a photo of it or draw it. Can you make a picture from the shape of the cloud? If there are no clouds in the sky today or it's overcast, save this activity for the perfect day! Instead, draw a shape on a piece of paper and ask a family member to add to the picture. Take turns.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

@giftedandtalentedteacher

THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition

THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition

Day 1

Use a whiteboard marker to write on the bathroom mirror or stick a piece of paper to the fridge to write on. Each day, each family member writes down one thing they're grateful for.

Tip: keep this going for 20 days!

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 2

Keep a journal for the next 3 weeks. This could be written, typed, drawn, videoed or completed using photos from throughout the day. Save this journal.

Keep an individual journal or participate as a family.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 3

Agree on a space in the house that needs to be cleaned or organised. Devise a plan, set a date or start cleaning today! Some ideas include cleaning:

- under your bed
- the garage
- toys/games area
- kitchen cupboards

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 4

Send an email, video call or write a letter to a loved one. Things to include:

- 3 questions
- what you have been up to
- 3 things you're grateful for

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 5

Listen to a Podcast as a family.

Ask each other:

- "What did you learn?"
- "What are you confused about?"

Tip: a great daily podcast for parents and children is 'Squiz Kids'!

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 6

Be active! Participate in a dance. You could do this by:

- playing your favourite song and dancing to it
- following a "Just Dance" YouTube video
- creating your own dance routine
- develop an active routine to music e.g. 3 star jumps, 3 sit ups and 3 push ups (repeat)

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 7

Read aloud. Take turns in reading a book, or listen to someone read.

- Throughout the reading, take turns in asking questions that start with "how" or "why"?
- For example: "why do you think that happened?" or "how do you think the character feels?"

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 8

Participate in an activity to develop a new skill. Some ideas include:

- baking/cooking with a parent
- sewing/knitting
- learning 10 words from a foreign language
- learning sign language
- digital drawing
- painting

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 9

Appreciate the world around you.

Notice the plants, flowers or trees outside your window. Take photos or draw these natural parts of our world.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 10

Fill a bucket with warm water. Add soap. Throw in hard plastic toys and give them a scrub!

Locate soft washable toys and throw them in the washing machine. Help by hanging these out on the clothes line.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 11

Help to clean out the pantry. Organise items and throw out anything that might be out of date.

Check inside the fridge. Is there anything that's been sitting in there for too long? Help to organise the fridge.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 12

Drink enough water today.

Grab a water bottle and fill it up.

'Healthy Kids' Recommendation:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

Note: parents to decide on how much water is appropriate for a single day for their child.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 13

Participate in an activity that sparks joy and involves everyone. Ideas include:

- spray shaving cream on the window and finger draw
- make some play dough
- create an obstacle course
- make a family time capsule

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 14

Play a board game or start a puzzle. Set a 30 minute timer. When the timer goes off, jump up and stretch.

Keep the timer on for every 30 minutes.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 15

Get active! Participate in "Simon says..." using movement.

For example:

Simon says, "run on the spot".

Simon says, "jump on the spot".

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 16

Set a timer for 5 minutes. Sit down and breathe. Focus on deep, slow breaths. Do this by yourself or with your family.

Remember that all feelings and situations are temporary.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 17

Participate in a technology-free day. What changes do you need to make to ensure you can still do some of the same activities throughout your day. Participate in some extra hands-on activities:

- make a card for your teacher
- do a chore for your sibling
- draw a picture for a family member

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 18

Ask to make breakfast for your family. Think about what you've got in the house already and what you could make.

Ask to make your parents a tea or coffee throughout the day. Ask for help where you need it.

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 19

Tonight at the dinner table, you're going to be asked to tell a joke. This might be a joke you already know or one that you'll have to find. Be prepared to make your family laugh! Bonus points for more than one joke!

THE 20 DAY KINDNESS CHALLENGE
Home Edition
@giftedandtalentedteacher

Day 20

Go outside and look up at the sky. Find a cloud and take a photo of it or draw it. Can you make a picture from the shape of the cloud? If there are no clouds in the sky today or it's overcast, save this activity for the perfect day! Instead, draw a shape on a piece of paper and ask a family member to add to the picture. Take turns.

THE 20 DAY KINDNESS CHALLENGE

Home Edition
@giftedandtalentedteacher

THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition



THE 20 DAY KINDNESS CHALLENGE

@giftedandtalentedteacher

Home Edition

Day 1

Use a whiteboard marker to write on the bathroom mirror or stick a piece of paper to the fridge to write on. Each day, each family member writes down one thing they're grateful for.

Tip: keep this going for 20 days!

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 2

Keep a journal for the next 3 weeks. This could be written, typed, drawn, videoed or completed using photos from throughout the day. Save this journal.

Keep an individual journal or participate as a family.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 3

Agree on a space in the house that needs to be cleaned or organised. Devise a plan, set a date or start cleaning today! Some ideas include cleaning:

- under your bed
- the garage
- toys/games area
- kitchen cupboards

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 4

Send an email, video call or write a letter to a loved one. Things to include:

- 3 questions
- what you have been up to
- 3 things you're grateful for

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 5

Listen to a Podcast as a family.

Ask each other:

- "What did you learn?"
- "What are you confused about?"

Tip: a great daily podcast for parents and children is 'Squiz Kids'!

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 6

Be active! Participate in a dance. You could do this by:

- playing your favourite song and dancing to it
- following a "Just Dance" YouTube video
- creating your own dance routine
- develop an active routine to music e.g. 3 star jumps, 3 sit ups and 3 push ups (repeat)

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 7

Read aloud. Take turns in reading a book, or listen to someone read.

- Throughout the reading, take turns in asking questions that start with "how" or "why"?
- For example: "why do you think that happened?" or "how do you think the character feels?"

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 8

Participate in an activity to develop a new skill. Some ideas include:

- baking/cooking with a parent
- sewing/knitting
- learning 10 words from a foreign language
- learning sign language
- digital drawing
- painting

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 9

Appreciate the world around you.

Notice the plants, flowers or trees outside your window.

Take photos or draw these natural parts of our world.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 10

Fill a bucket with warm water. Add soap. Throw in hard plastic toys and give them a scrub!

Locate soft washable toys and throw them in the washing machine. Help by hanging these out on the clothes line.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 11

Help to clean out the pantry. Organise items and throw out anything that might be out of date.

Check inside the fridge. Is there anything that's been sitting in there for too long? Help to organise the fridge.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 12

Drink enough water today.

Grab a water bottle and fill it up.

'Healthy Kids' Recommendation:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

Note: parents to decide on how much water is appropriate for a single day for their child.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 13

Participate in an activity that sparks joy and involves everyone. Ideas include:

- spray shaving cream on the window and finger draw
- make some play dough
- create an obstacle course
- make a family time capsule

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 14

Play a board game or start a puzzle. Set a 30 minute timer. When the timer goes off, jump up and stretch.

Keep the timer on for every 30 minutes.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 15

Get active! Participate in "Simon says..." using movement.

For example:

Simon says, "run on the spot".

Simon says, "jump on the spot".

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 16

Set a timer for 5 minutes. Sit down and breathe. Focus on deep, slow breaths. Do this by yourself or with your family.

Remember that all feelings and situations are temporary.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 17

Participate in a technology-free day. What changes do you need to make to ensure you can still do some of the same activities throughout your day. Participate in some extra hands-on activities:

- make a card for your teacher
- do a chore for your sibling
- draw a picture for a family member

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 18

Ask to make breakfast for your family. Think about what you've got in the house already and what you could make.

Ask to make your parents a tea or coffee throughout the day. Ask for help where you need it.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

Day 19

Tonight at the dinner table, you're going to be asked to tell a joke. This might be a joke you already know or one that you'll have to find. Be prepared to make your family laugh! Bonus points for more than one joke!

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher

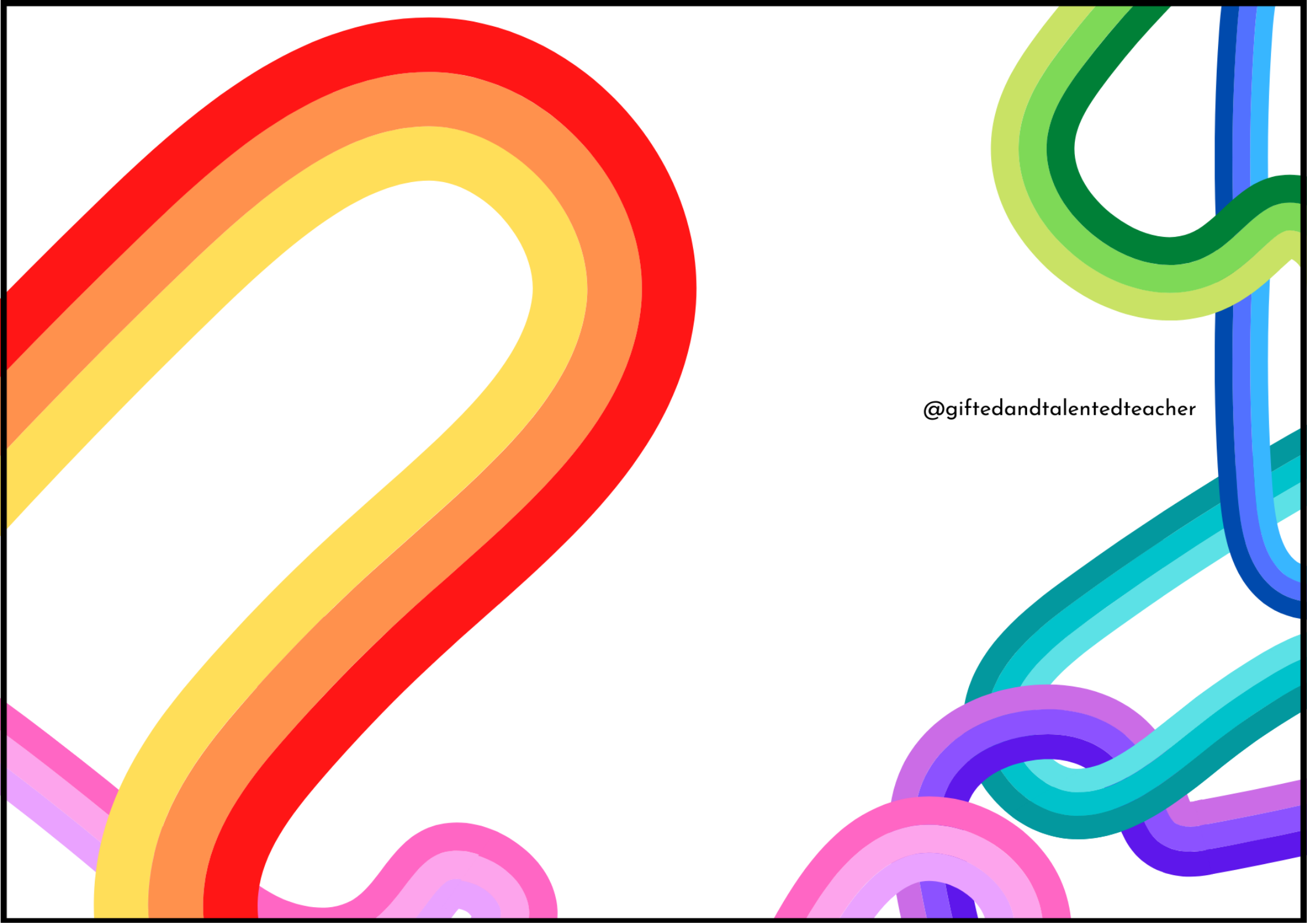
Day 20

Go outside and look up at the sky. Find a cloud and take a photo of it or draw it. Can you make a picture from the shape of the cloud? If there are no clouds in the sky today or it's overcast, save this activity for the perfect day! Instead, draw a shape on a piece of paper and ask a family member to add to the picture. Take turns.

THE 20 DAY KINDNESS CHALLENGE

Home Edition

@giftedandtalentedteacher



@giftedandtalentedteacher

THANK YOU FOR DOWNLOADING

@giftedandtalentedteacher



Follow @giftedandtalentedteacher on Instagram for classroom ideas and more teaching and learning resources.



Follow Gifted and Talented Teacher on TeachersPayTeachers for updates on FREEBIES and quality resources.



Click the images to be directed to Instagram and Teachers Pay Teachers!

@giftedandtalentedteacher