



KEY:
Blue = Bullying Awareness
Red = Acts of Kindness
Green = Friend Mail
 _____ = Create your own!

Club Advisor Signature: _____

Email questions to kimmieedge@gmail.com

FILL IN THE STAR WHEN ACTIVITY IS ACCOMPLISHED!

- ☆ 1. Write a poem about bullying
- ☆ 2. Include someone who is left out
- ☆ 3. Social Media Story Share
- ☆ 4. Improv Game
- ☆ 5. Create a 60-second Public Service Announcement (commercial)
- ☆ 6. Watch a movie/TV show about bullying/being an upstander
- ☆ 7. Share a social media post about bullying awareness
- ☆ 8. Compliment Clothespins Challenge
- ☆ 9. Create 5 posters that INSPIRE
- ☆ 10. Paint kindness rocks
- ☆ 11. Give someone a gift
- ☆ 12. Compliment 5 classmates
- ☆ 13. Compliment 5 workers
- ☆ 14. Stand Up If Activity
- ☆ 15. Do a favor
- ☆ 16. Post-It Polooza
- ☆ 17. Surprise a peer with a reward for their kindness
- ☆ 18. Create a Personal Affirmation Board
- ☆ 19. Begin a gratitude journal
- ☆ 20. Do something kind for yourself
- ☆ 21. Volunteer at a local charity (i.e. food pantry, animal shelter)
- ☆ 22. Clean up your community
- ☆ 23. Write a "thank you" letter to an adult
- ☆ 24. Gift a Kindness Jar/Box of Inspiration
- ☆ 25. Connect with someone new
- ☆ 26. Give flower(s) to a deserving stranger
- ☆ 27. Hold the door open for someone
- ☆ 28. Smile and greet someone you don't know
- ☆ 29. Listen actively
- ☆ 30. Cook or bake for others
- ☆ 31. Plant a tree or flowers in a public space
- ☆ 32. Lend a helping hand to somebody
- ☆ 33. Donate something you have to a charity
- ☆ 34. Connect with somebody you have not spoken to in a while
- ☆ 35. Volunteer to do a household chore
- ☆ 36. Send a kind/motivational text message
- ☆ 37. Make a friendship bracelet
- ☆ 38. Offer someone a hug, just because
- ☆ 39. Let someone go ahead of you in line
- ☆ 40. Write a "thank you" letter to your mail carrier
- ☆ 41. Don't forget yourself
- ☆ 42. Inspire someone new to write a Friend Mail letter
- ☆ 43. Friend Mail Letter/Video
- ☆ 44. Friend Mail Letter/Video
- ☆ 45. Friend Mail Letter/Video
- ☆ 46. Friend Mail Letter/Video
- ☆ 47. _____
- ☆ 48. _____
- ☆ 49. _____
- ☆ 50. _____

ACTIVITY DESCRIPTIONS ON SEPARATE DOCUMENT

