

## Kindness Club 50 Challenges List & Descriptions:

### Bullying Awareness Activities:

1. **Write a poem about bullying:** Write a group poem about the consequences of bullying and how to rise above it as an UPSTANDER. Email the finished poem to Kimberly at [kimmieedge@gmail.com](mailto:kimmieedge@gmail.com).
2. **Include someone who is left out:** Whether it's sitting with someone new at lunch or inviting someone to your hangout, club members should try to include someone who you worry may feel left out or alone.
3. **Social Media Story Share:** With your club, talk about the pros and cons of social media and what rules are important to follow if you use social media. Discuss the effects of cyberbullying on others, and allow students to share cyberbullying they have encountered. Discuss: Have you lost friendships over things said and done on social media? Have you ever witnessed a social media public shaming? Did you say anything? Why or why not?
4. **Improv Game:** Scene topics that relate to the bullying theme are included at the end of this document, or you can create your own. Club leaders will be in charge of cutting the slips and handing a slip out to a pair or small group. With little to no time to prepare, these scenes will be performed for the rest of the club. Save time to share thoughts and observations! How many scenes you do are up to you!
5. **Create a 60-second Public Service Announcement (commercial):** Create a club-wide commercial that features bullying and being an UPSTANDER in some capacity. Email the PSA or send a Google Drive link to Jennifer at [jennifer@beafriendproject.org](mailto:jennifer@beafriendproject.org).
6. **Watch a movie/TV show about bullying/being an upstander:** Afterwards, have a conversation about what you learned from the movie or TV show. We would love to hear what movie you watch!
7. **Share a social media post about bullying awareness:** There are bullying statistics that are heartbreaking and may surprise you. Make yourself and others aware of how common bullying is by finding a bullying statistic on social media and sharing it.

### Kindness Activities:

8. **Compliment Clothespins Challenge:** Write positive affirmations on as many clothespins as you can. Get artistic or keep it simple, it's the inspiring message that counts. Have fun secretly pinching them on people's clothes or backpacks in your school and community when they aren't looking!

9. **Create 5 posters that INSPIRE:** Whether these are actual quotes or just kind, motivational words, create five posters and hang them around your school or community like the grocery store bulletin board.
10. **Paint Kindness Rocks:** Paint uplifting messages and pictures on rocks that can be hidden around the school, playground, park, or neighborhood for others to discover and keep.
11. **Give someone a gift:** Give someone special, something special. You don't need to spend money on this. Maybe draw someone a picture or give a friend a snack from your lunch box. A little act of kindness goes a long way!
12. **Compliment 5 classmates:** In ONE DAY, compliment five of your classmates.
13. **Compliment 5 workers:** In ONE DAY, compliment five workers that you encounter. Whether it's a teacher at your school or a mail carrier, show your appreciation!
14. **Stand Up If Activity:** "Stand Up If..." prompts are included at the end of this document, or create your own. Your club members will start sitting down and when they hear a prompt that aligns with their identity/experiences, they will stand up. This activity shows club members that they are not alone, and to EMBRACE differences - it's never okay to bully others for being different..
15. **Do a favor:** Whether it is doing the laundry at home, mowing your neighbor's lawn, or picking up trash in the cafeteria, do a favor for your friends and family and share what you did with your club.
16. **Post-It Polooza:** With your club, write positive affirmations on as many post-its as you can. Stick them on anything! Even people's lunchboxes, lockers, or anywhere you can, when they aren't looking! You can even put them on YOUR OWN walls at home to get yourself in a positive headspace!
17. **Surprise a peer with a reward for their kindness:** Whether it be a kindness bracelet or homemade certificate, surprise a peer who is not in the club with a reward of some sort.
18. **Create a Personal Affirmation Board:** Each club member creates a "board" where they write positive affirmations. Take your board home to look at daily and feel free to add to it at any time!
19. **Begin a gratitude journal:** Write a journal entry stating everything you are grateful for. We hope you will continue writing entries in the future!
20. **Do something kind for yourself:** This can be hard, but make time in your schedule to do something that brings you joy. You may want to read a book or workout. Maybe challenge yourself to turn off your phone!
21. **Volunteer at a local charity (i.e. food pantry, animal shelter):** Reach out to a local charity and see what you can do to help them out.

22. **Clean up your community:** Pick up litter in a local park or public space near you.
23. **Write a “thank you” letter to an adult:** Which of your teachers, group leaders or parents work hard to make sure you have a positive, enriching experience in their care? Showcase your gratitude by writing a thank you letter for them today!
24. **Gift a Kindness Jar/Box of Inspiration:** Make a jar full of kind, inspirational quote paper slips and give the whole jar to somebody who is going through a difficult time to let them know they are not alone and inspire them when they are feeling down.
25. **Connect with someone new:** Have a deliberate conversation with someone at school or outside of school. Ask someone how their day was, what their hobbies are, or just simply start the conversation by complimenting them!
26. **Give flower(s) to a deserving stranger:** Flowers smell nice and look beautiful. It can truly brighten someone’s day. Buy a bouquet of flowers or a rose, find a stranger (maybe one you have seen before), and reward them!
27. **Hold the door open for someone:** Wherever and to whoever, hold the door open for someone. It’s a kind and easy gesture!
28. **Smile and greet someone you don’t know:** When you’re walking down the hallway or just strolling down the street, smile and greet someone you don’t know. It can truly make their day!
29. **Listen actively:** This isn’t as easy as you may think. Outside of a classroom setting, **put your phone out of sight** and listen to someone when they tell you something. Give them gestures and ask follow-up questions to show you are truly listening.
30. **Cook or bake for others:** Cook or bake for others and share it with your family and friends. You may want to bring your food to school. We suggest cookies!
31. **Plant a tree or flowers in a public space:** Create beauty in your community by planting a tree or a flower bulb. Someone will appreciate it one day in the future!
32. **Lend a helping hand to somebody:** If someone needs help doing something, offer your support. They may not even be asking for help, but your offer can’t hurt!
33. **Donate something you have to a charity:** You may have something in your house you don’t use anymore (clothes, toys, etc.) Don’t let it go to waste! Donate it to a charity to help those in need.
34. **Connect with somebody you have not spoken to in a while:** Whether it be an old friend or a family member, call or text someone you have not spoken to in a while. It could make their day!
35. **Volunteer to do a household chore:** Whether it be doing the dishes or cleaning the living room, pitch in to help around the house. It’s your house too!

36. **Send a kind/motivational text message:** Text whoever and show that you love them and are rooting for them. Even a simple “Have a great day” goes a long way!
37. **Make a friendship bracelet:** Maybe it’s made with paper, maybe it’s made with beads, but write something kind and give it to someone at school. They can wear it and look at it to have a constant reminder that they are loved!
38. **Offer someone a hug, just because:** A hug is an amazing way to show love and appreciation. It can truly make someone’s day exponentially better. Ask first, but hug someone, whether it be a close friend or someone you are simply friendly with. It does not need to be for any reason in particular!
39. **Let someone go ahead of you in line:** People are often in a rush. If you aren’t, let someone go ahead of you in line wherever you may be. You may be in line at a coffee shop and see someone who seems stressed. Let them “cut you” - you’ll still be getting your coffee!
40. **Write a “thank you” letter to your mail carrier:** Write a “thank you” letter to your mail carrier and leave it in your mailbox. When they take it out, they will be greeted with a nice surprise. You may even want to include a gift for them!
41. **Don’t forget yourself:** Being kind to yourself will give you the energy and strength to be kind to others! Schedule an activity just for YOU.

### Friend Mail Activities:

42. **Inspire someone new to write a Friend Mail letter:** Tell someone at your school, in your community, or even a family member about the Be A Friend Project’s Friend Mail program. Tell them about the current month’s recipient and encourage them to write a letter!
- 43-46.  
**Friend Mail Letter/Video:** Club members will write letters and/or film videos of peer support for victims of bullying. These can be done individually or as a collaborative effort! We are challenging your club to do this for **4 recipients**. Details for current Recipients can be found at [www.beafriendproject.org](http://www.beafriendproject.org).
- 47-50.  
**Create your own Challenge Activity** and fill in the blank. This can be in any category: Kindness, Bullying Awareness or Friend Mail.

**IMPROV GAME DIRECTIONS:** Cut apart the bullying situations and give one to each group. Scene prompts may be adapted to make sure that each student has a part. Your Club can choose how many of these Improv scenarios to do! Want more of a challenge? Create your own improv situations.

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**Scene 1:** Student A calls Student B “stupid” and shoves them in the school hallway. Student B goes to a trusted adult for help.

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**Scene 2:** Student A sees other students laughing and pointing at them across the room. Student A stands up to them, saying something like: “You may not like me, but I know that I am a unique and special person.”

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**Scene 3:** Student A tells Student B that their best friend is weird and to stop playing with them. Student B ignores Student A and continues playing with their best friend.

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**Scene 4:** Student A tells Student B that they cannot play with their friend group at recess and tells everyone to ignore them. However, Student C, from the friend group, invites Student B to play.

## **Stand Up If Activity Prompts:**

Begin the questions by saying, “Stand up if you are someone who...

- Has an older sibling
- Has an younger sibling
- Can speak multiple languages
- Has a special talent
- Enjoys music
- Has moved schools
- Has struggled to make friends
- Has been embarrassed
- Has been embarrassed by a friend
- Has been hurt by someone's words or actions
- Has seen someone else be hurt by someone's words or actions
- Has been judged for something you love
- Has been bullied
- Knows someone who has been bullied
- Has stood up to a bully

Now reflect and talk about the similarities and differences between you all.

**Feel free to create your own questions and prompts as well!**