



# CHECKLIST

**KEY:**

Blue = Bullying Awareness  
 Red = Acts of Kindness & Friendship  
 Purple = Self Care  
 Green = Friend Mail  
 \_\_\_ = Create your own!

Club Advisor Signature: \_\_\_\_\_

Email questions to [kimmie@beafriendproject.org](mailto:kimmie@beafriendproject.org)

**NUMBER THE ACTIVITY (1-50) WHEN ACCOMPLISHED!**

1. | 2. | 3. | 4. | 5. | 6. | 7. | 8. | 9. | 10. | 11. | 12. | 13. | 14. | 15. | 16. | 17. | 18. | 19. | 20. | 21. | 22. | 23. | 24. | 25. | 26. | 27. | 28. | 29. | 30. | 31. | 32. | 33. | 34. | 35. | 36. | 37. | 38. |

1. Write a poem about bullying
2. Include someone who is left out
3. Social Media Group Share
4. Improv Game
5. Create a 30-second PSA (Public Service Announcement)
6. Watch a movie/TV show about bullying/being an upstander
7. Share a social media post to raise bullying awareness
8. Enter in the Spring BAFP T-Shirt Design Contest
9. Complete the Kindness Word Search
10. Hold a Be A Friend Project fundraiser
11. INSPIRE a new Kindness Club to register
12. Anonymous "You Are Not Alone" Activity
13. "Stand Up If" Activity
14. Bullying Prevention "Book Club"
15. Compliment Clothespins Challenge
16. Create and share posters that INSPIRE
17. Paint kindness rocks
18. Give someone a gift
19. Compliment 5 people
20. Thank 5 people
21. Do a favor
22. Post-It Polooza
23. Surprise a peer with a reward for their kindness
24. Volunteer at a local charity (i.e. food pantry, animal shelter)
25. Clean up your school or community
26. Write a "thank you" letter to an adult
27. Gift a Kindness Jar/Box of Inspiration
28. Connect with someone new
29. Give flower(s) to a deserving stranger or acquaintance
30. Hold the door open for someone
31. Create a "club handshake" with members
32. Listen actively
33. Cook or bake for others
34. Plant a tree or flowers in a public space
35. Lend a helping hand
36. Donate toys or clothes to a charity
37. Connect with somebody you have not spoken to in a while
38. Volunteer to do an extra household chore

**ACTIVITY DESCRIPTIONS ON SEPARATE DOCUMENT**

**CHALLENGES CAN BE COMPLETED INDIVIDUALLY OR AS A GROUP!**



