



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

- Image: State of the state
- 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

CHECKLIST

- 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
- <u>— 29.Give flower(s) to a deserving stranger or acquaintance</u>
- _____ 30. Hold the door open for someone
- _____ 31. Create a "club handshake" with members
- <u>33.Cook or bake for others</u>
- <u>34</u>. 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

CHALLENGES CAN BE COMPLETED INDIVIDUALLY OR AS A GROUP!





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39. Send a kind/motivational text message 40. Make and give a friendship bracelet 41. Offer someone a hug, just because 42. Let someone go ahead of you in line 43. Create a group uplifting playlist 44. "Take What You Need" Bulletin Board 45. Make a kindness mural 46. Join a friend doing a hobby they enjoy and find out why they love it 47. Be Kind Online 48. Invite a guest speaker 49. Gifts for Furry Friends 50. Acrostic Word Activity 51. Chalk on the sidewalk 52. Create a custom Bullying Prevention & Kindness Pledge 53. Friendship Speed Chat Malza and distribute stress relief lite

	_ 54. Make and distribute stress relief kits
$\overline{\mathbf{a}}$	55. Create a Wall of Heroes
М —	56. Become a homework helper for a day
	57. Write a positive review for a local business or restaurant
	58. Do an Act of Kindness for yourself
	59. Create a Personal Affirmation Board
	60. Begin a gratitude journal
	61. Putnam Academy "Dance It Out" Video
	62. Reframe a worry
	63. Relax your mind and body by trying some yoga, meditation, or tai chi
	64. Make sleep a priority
	65. Inspire someone new to write a Friend Mail letter
	66. Friend Mail Letter/Video
	67. Friend Mail Letter/Video
	68. Friend Mail Letter/Video
	69. Friend Mail Letter/Video
	70. Friend Mail Letter/Video
	71.
5	72
	73
-	74
	_ 75.

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