



SILENT RIVER KUNG FU ACTS OF KINDNESS WEEK

February 11 - 17

KINDNESS BINGO CHALLENGE



Write down 3 things you are grateful for	Hold a door open for someone	Sit quietly for 5 minutes	Make a Valentine card for someone you normally wouldn't	Learn about a new charity
Write a kind note and leave it somewhere public for someone to find	Think of 3 songs that make you want to dance and then listen to them!	Tell someone a joke	Make a donation (food, clothes, toys or time!)	Give someone a 10 second hug (human or animal!)
Clean up a mess that isn't yours	Make a phone call to a friend just to say "hi"	FREE SPOT Choose your own AOK, big or small!	Invite someone to go for a walk or play a game	Colour one of the AOK colouring pages or draw a picture of your own about Kindness
Learn about the 6 kindness concepts	Share something with a friend (a snack, treat, toy, etc)	Hand-write a letter or draw a picture for someone and send it in the mail	Let someone else in front of you in a line	Compliment a stranger
Tell someone you are proud of them and why	Do someone else's chore	Make a new friend (human or animal!)	Spend one whole day without screen time (phones can only be used as phones!)	Share your experience with at least one of these AOKs to the SRKF WhatsApp

- As you complete a challenge, colour in the square. If you do any of these more than once, draw a small heart in the square to represent each one.
- Visit the Silent River Kung Fu Website "Acts of Kindness" article for more information and access to resources for some of the challenges above including colouring pages and information about the "6 kindness concepts".
- This challenge directly aligns with our WUDE curriculum. By completing this challenge, students may be eligible to earn their green stripe.
- Make sure to hand in your sheet at the end of the challenge!

make kindness the norm. ❤️