

# My Kindness Challenge

# WEEK 5

SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
SEPTEMBER							OCTOBER						
				1	2	3							1
4	5	6	7	8	9	10	2	3	4	5	6	7	8
11	12	13	14	15	16	17	9	10	11	12	13	14	15
18	19	20	21	22	23	24	16	17	18	19	20	21	22
25	26	27	28	29	30		23	24	25	26	27	28	29
							30	31					



**S 10/16**

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**M 10/17**

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**T 10/18**

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**W 10/19**

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**TH 10/20**

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**F 10/21**

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**S 10/22** *Bake cookies & take to a first responder or community public servant.*

THIS IS A  
**CHURCHWIDE**  
CHALLENGE DAY

## IDEA LIST FOR WEEK 5

1. Give 10 high fives or fist bumps.
2. Cut out 3 or 4 hearts and place them on the door of a friend or neighbor.
3. Leave a surprise at the park or on a park bench.
4. Bake cookies and take to a first responder or community public servant. **CHURCHWIDE**
5. Call or text a relative and show appreciation to them.
6. Pick up an Operation Christmas Child Box at church, fill-it-up, and return by 10/30.
7. Offer to babysit for free so someone can run errands or have a date night.
8. Buy a balloon and give it away.
9. Leave a note or scripture in a library book or on a bulletin board.
10. Pick up trash in your neighborhood.

