# One Month PE Challenge – Stay Strong & Healthy!

<table>
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<tr>
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<th>Tuesday</th>
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**Kindness:**

The quality of being friendly, generous, and considerate.

Do something kind this week.

Example: write an elderly person in senior home or grandparent a letter or draw a picture for them.

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Perform duties or services for another person

Serve a sibling, friend, or parent

Example: Clean your room without your parents asking/vacuum/give up you electronics so you can help your parent cook or help them with whatever they need.

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