



# The Great Kindness Challenge®

**BUSINESS  
EDITION**

**Create a kinder workplace.**

**Have fun and complete as many acts of kindness as you can in one week.**

**Your Kindness Matters!**

## Kind Acts

- Smile at 25 people.
- Surprise a coworker with a favorite beverage.
- Say "good morning" to all colleagues.
- Make a thank you card for a coworker.
- Whistle while you work.
- Hang an uplifting quote in your office.
- Bring goodies to share.
- Decorate a coworker's desk.
- Collect goods to donate to a food bank or shelter.
- Tell a joke and make someone laugh.
- Bring a healthy snack to share with coworkers.
- Make happy signs and hang on office windows.
- Treat a coworker to lunch.
- Collect books for your local library.
- Offer to help a coworker with a task.
- Write a letter to someone who has inspired you.
- Entertain someone with a happy dance.
- Reduce, reuse, recycle.
- Make a donation to a colleague's favorite charity.
- Take a walk with a colleague during your break.
- Hold the door open for someone.
- Pat yourself on the back.
- Sincerely compliment 5 people.
- Walk, bike or carpool to work.
- Be kind to yourself and eat a healthy snack.
- Make and display a "KINDNESS MATTERS" sign.
- Learn to say "thank you" in a new language.
- Surprise a coworker with flowers.
- Tidy up the office.
- Go a full day without complaining.
- Add an extra kind word to every email.
- Breathe, stretch and think a happy thought.
- Actively listen to your colleagues.
- Give a gratitude gift to your mail carrier.
- Teach a colleague something new.
- Pick up 5 pieces of trash outside your office.
- Volunteer in your community.
- Write a happy message with sidewalk chalk.
- Post a positive message on social media.
- Share food with someone who is hungry.
- Slip a nice note under a colleague's keyboard.
- Create a fun handshake with a colleague.
- Step up for someone in need.
- Send an encouraging text message.
- Make someone feel special.
- Leave a happy note on a colleague's windshield.
- Use a friendly tone on the phone.
- Learn something new about a colleague.
- Reflect on the kindness you have witnessed.
- Create your own kind act.



**#GreatKindnessChallenge**

[www.greatkindnesschallenge.org](http://www.greatkindnesschallenge.org) ♥ [www.kidsforpeaceglobal.org](http://www.kidsforpeaceglobal.org)

(your name & company)

