

Vinnies Youth 28 Days of Kindness Challenge!!!

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Try to finish as many tasks as you can, colouring in what you've done.

Submit your completed sheet to your teacher before school year ends.

YOU GOT THIS!

Day 1 Give a 20 second hug to a family member.	Day 2 Help a sibling or friend with their homework or a project.	Day 3 Do chores you don't already do at home.	Day 4 Pack your own healthy lunch.	Day 5 Help clean up after dinner.	Day 6 Leave a kind note for someone to find.	Day 7 Make an appreciation card or drawing for your parents.
Day 8 Have a family Rosary.	Day 9 Buy a few extra groceries and donate them to a food pantry.	Day 10 Read a book to a younger child or sibling.	Day 11 Learn a new praise and worship song.	Day 12 Do a family activity outdoors.	Day 13 Let someone in ahead of you in a queue.	Day 14 Make Christmas cards or artwork for our Vinnies Christmas Grotto.
Day 15 Offer to help to take out rubbish.	Day 16 Have a movie night with the family.	Day 17 Leave a kind letter on a classmate or friend's desk.	Day 18 Help make breakfast for your family.	Day 19 Give a compliment to everyone that you see today.	Day 20 Visit an animal shelter and volunteer to walk the dogs.	Day 21 Plant a fruit or flower tree in your home garden.
Day 22 Donate a new toy or new clothes to St Vincent de Paul.	Day 23 Hold the door open for someone.	Day 24 Bake cookies or cake for someone you know.	Day 25 Help a neighbor with a small task.	Day 26 Pick up trash in around your school.	Day 27 Write a thank-you note to your teacher.	Day 28 Leave a thank you note for any teacher at the school.



Name: _____

Date: _____

