



# THE 20 DAY KINDNESS CHALLENGE

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Home Edition

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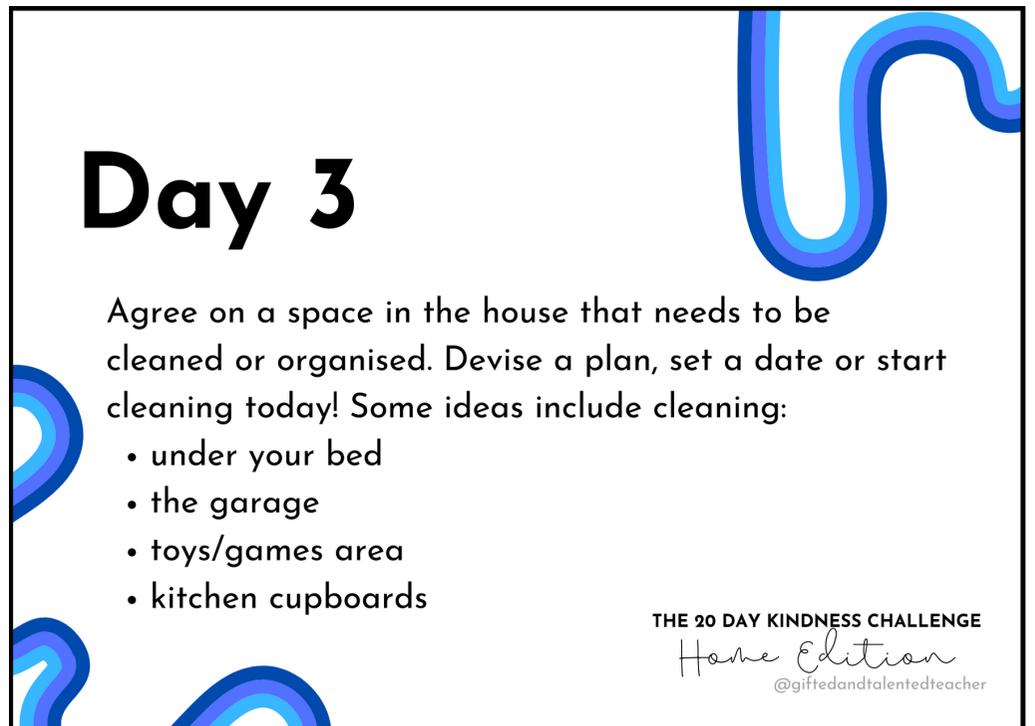
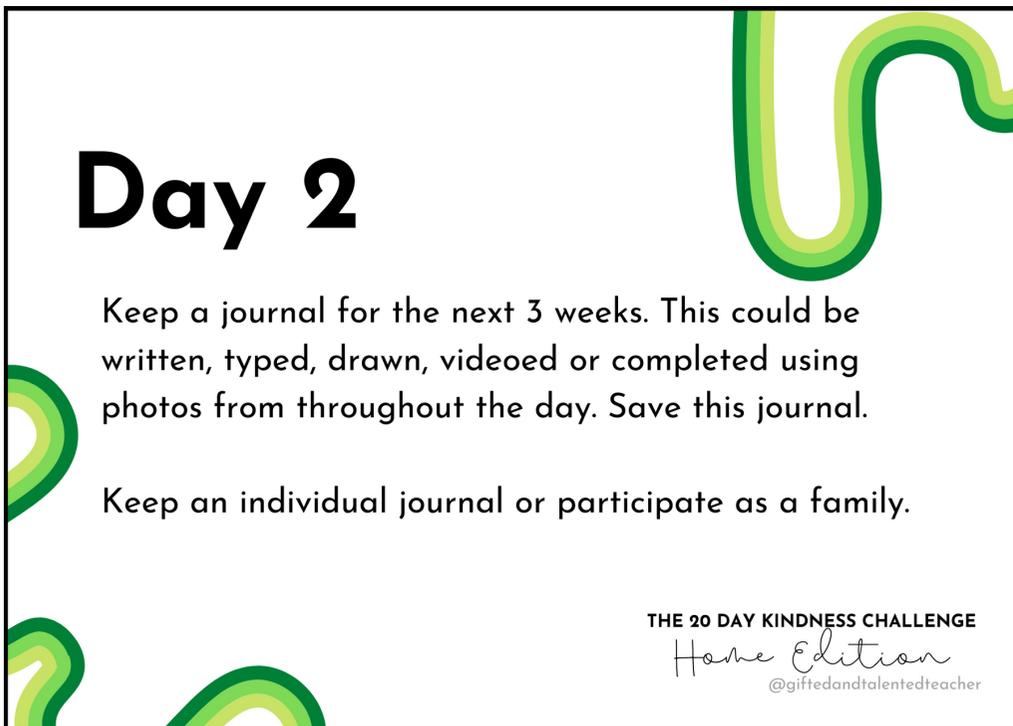
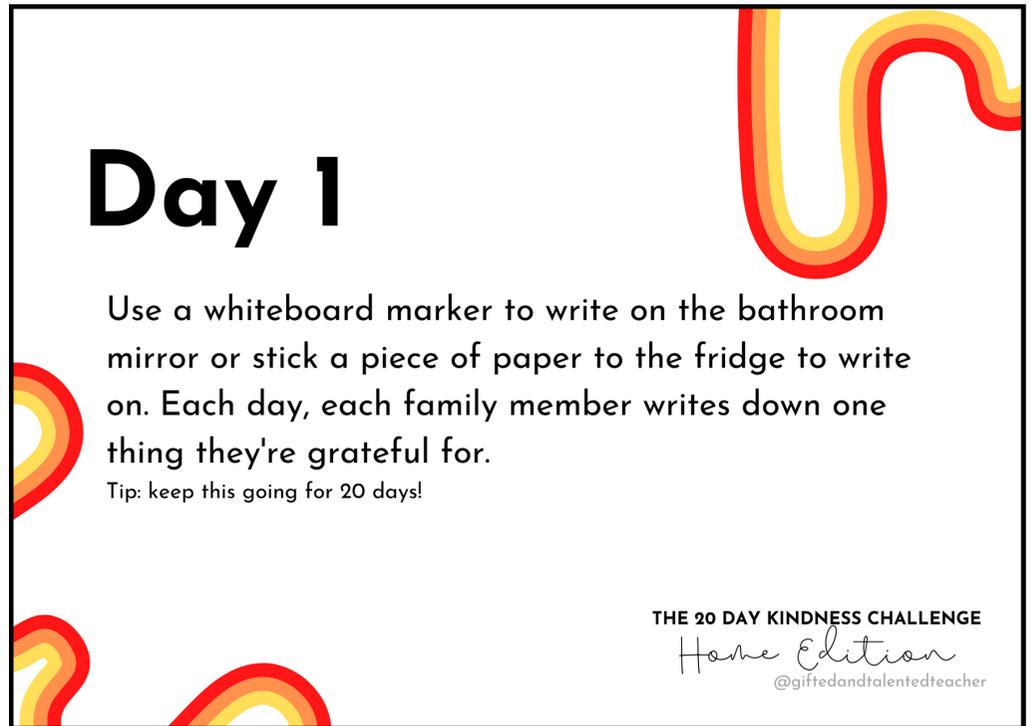
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## Home Edition

Page 1: The 20 Day Kindness Challenge - Home Edition Cover  
Page 2: Page guide and terms and conditions  
Page 3 Page 8: The 20 Day Kindness Challenge (home edition)  
- Coloured cards  
Page 9 - Page 15: The 20 Day Kindness Challenge (home edition) -Black and white cards

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# Day 4

Send an email, video call or write a letter to a loved one. Things to include:

- 3 questions
- what you have been up to
- 3 things you're grateful for

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# Day 5

Listen to a Podcast as a family.

Ask each other:

- "What did you learn?"
- "What are you confused about?"

Tip: a great daily podcast for parents and children is 'Squiz Kids'!

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# Day 6

Be active! Participate in a dance. You could do this by:

- playing your favourite song and dancing to it
- following a "Just Dance" YouTube video
- creating your own dance routine
- develop an active routine to music e.g. 3 star jumps, 3 sit ups and 3 push ups (repeat)

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# Day 7

Read aloud. Take turns in reading a book, or listen to someone read.

- Throughout the reading, take turns in asking questions that start with "how" or "why"?
- For example: "why do you think that happened?" or "how do you think the character feels?"

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# Day 8

Participate in an activity to develop a new skill. Some ideas include:

- baking/cooking with a parent
- sewing/knitting
- learning 10 words from a foreign language
- learning sign language
- digital drawing
- painting

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# Day 9

Appreciate the world around you.

Notice the plants, flowers or trees outside your window. Take photos or draw these natural parts of our world.

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# Day 10

Fill a bucket with warm water. Add soap. Throw in hard plastic toys and give them a scrub!

Locate soft washable toys and throw them in the washing machine. Help by hanging these out on the clothes line.

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# Day 11

Help to clean out the pantry. Organise items and throw out anything that might be out of date.

Check inside the fridge. Is there anything that's been sitting in there for too long? Help to organise the fridge.

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# Day 12

Drink enough water today.

Grab a water bottle and fill it up.

'Healthy Kids' Recommendation:

- 5 glasses (1 litre) for 5 to 8 year olds
- 7 glasses (1.5 litres) for 9 to 12 year olds
- 8 to 10 glasses (2 litres) for 13+ years

Note: parents to decide on how much water is appropriate for a single day for their child.

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# Day 13

Participate in an activity that sparks joy and involves everyone. Ideas include:

- spray shaving cream on the window and finger draw
- make some play dough
- create an obstacle course
- make a family time capsule

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# Day 14

Play a board game or start a puzzle. Set a 30 minute timer. When the timer goes off, jump up and stretch.

Keep the timer on for every 30 minutes.

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# Day 15

Get active! Participate in "Simon says..." using movement.

For example:

Simon says, "run on the spot".

Simon says, "jump on the spot".

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# Day 16

Set a timer for 5 minutes. Sit down and breathe. Focus on deep, slow breaths. Do this by yourself or with your family.

Remember that all feelings and situations are temporary.

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# Day 17

Participate in a technology-free day. What changes do you need to make to ensure you can still do some of the same activities throughout your day. Participate in some extra hands-on activities:

- make a card for your teacher
- do a chore for your sibling
- draw a picture for a family member

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# Day 18

Ask to make breakfast for your family. Think about what you've got in the house already and what you could make.

Ask to make your parents a tea or coffee throughout the day. Ask for help where you need it.

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# Day 19

Tonight at the dinner table, you're going to be asked to tell a joke. This might be a joke you already know or one that you'll have to find. Be prepared to make your family laugh! Bonus points for more than one joke!

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# Day 20

Go outside and look up at the sky. Find a cloud and take a photo of it or draw it. Can you make a picture from the shape of the cloud? If there are no clouds in the sky today or it's overcast, save this activity for the perfect day! Instead, draw a shape on a piece of paper and ask a family member to add to the picture. Take turns.

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Use a whiteboard marker to write on the bathroom mirror or stick a piece of paper to the fridge to write on. Each day, each family member writes down one thing they're grateful for.

Tip: keep this going for 20 days!

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# Day 2

Keep a journal for the next 3 weeks. This could be written, typed, drawn, videoed or completed using photos from throughout the day. Save this journal.

Keep an individual journal or participate as a family.

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# Day 3

Agree on a space in the house that needs to be cleaned or organised. Devise a plan, set a date or start cleaning today! Some ideas include cleaning:

- under your bed
- the garage
- toys/games area
- kitchen cupboards

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