



Colchester Summer Kindness Challenge

Preschool - 12th Grade



Complete as many acts of kindness as possible between June 18th and August 16th. Every act of kindness earns an entry into a raffle for four wonderful prizes! Below are some suggestions, but you can do whatever acts of kindness you choose. Just make sure to keep track of your acts of kindness using the provided log. All logs are due to ColchesterisKind@outlook.com by August 19th.

Prize 1: \$25 Gift Card to Mel's Downtown Creamery, Prize 2: \$50 Amazon Gift Card (Sponsored by the Colchester Lions Club), Prize 3: \$100 Amazon Gift Card (Sponsored by Fresca Tequila Bar & Grill), Prize 4: \$150 Amazon Gift Card (Sponsored by S&S Worldwide)

Bake cookies & deliver them to neighbors or the fire station.
Return someone's cart at the grocery store.
Make a friendship bracelet and give it to a new friend.
Make a thank you card for the person that delivers your mail.
Write kind messages on the sidewalk.
Host a lemonade stand and donate the money to a good cause.
Donate dog or cat food to the food bank.
Send a card to someone you love.
Donate your old books to the library
Help a sibling do a chore or job.
Leave a dollar in the vending machine.
Clean your room without being asked.
Ask for donations to a charity instead of birthday gifts.
Paint kindness rocks and place them around town.
Make cards for sick kids at the children's hospital.
Hold the door open for someone.
Donate toys to kids in need.
Make some kindness cards & drop them at the senior center.
Tell someone how special they are to you.
Send a card or care package to a service member.
Make your parents bed for them.

Write a letter/draw a picture for your grandparents and mail it.
For one day, pick up three pieces of trash wherever you are.
Say thank you to the cashier at the grocery store.
Smile at every single person you see for a whole day.
Donate coloring books to a hospital/doctors office waiting room.
Pack extra drinks/snacks and share with others.
Write a thank you note for someone.
Make a new friend.
Make someone laugh by telling them a good joke.
Give out bubbles to kids at the playground.
Learn about why recycling is good for the earth.
Give flowers to someone who needs cheer (or to a stranger!).
Do an extra household chore without being asked.
Compliment at least 5 people in one day.
Write inspiring messages on post-notes and stick them places.
Volunteer with an organization (food bank, senior center, etc.).
Record a love-filled video for a family member & send it to them.
Visit a local farm and thank a farmer.