

2022 Summer Challenge



make kindness the norm.

Challenge yourself, your family & friends to complete this list every day before using electronics.

- ♡ clean your room
- ♡ read for 20 minutes
- ♡ spend an hour in nature
- ♡ do an act of kindness for someone
- ♡ spend 20 minutes doing your favorite activity
- ♡ sit & color without distractions for 30 minutes.

- SELF-CARE**
- ♡ brush teeth
 - ♡ brush hair
 - ♡ eat breakfast
 - ♡ get dressed
 - ♡ drink 8oz of water

Track your progress from June 6-August 5



June

sun	mon	tue	wed	thu	fri	sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	28	30		

___ / 25 days

July

sun	mon	tue	wed	thu	fri	sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

___ / 31 days

August

sun	mon	tue	wed	thu	fri	sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

___ / 5 days

Total: ___ / 61 days

For more ideas, check out our community challenge books at www.randomactsofkindness.org/kindness-at-home

RANDOM ACTS OF KINDNESS
FOUNDATION®

