



Go and be the
GLOW
Light
Of the
World

Matthew 5:14-16



Simply
Glow
Kindness
Challenge

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List of Challenges for 7-Day Kindness Challenge

Day 1

- Open a door for someone.
- Tell someone you're sorry.
- Help someone else with a chore.

Day 2

- Compliment someone.
- Share your lunch or a toy.
- Clean your room without being asked.

Day 3

- Make someone laugh.
- Play with a younger sibling.
- Help a neighbor with their yard or bake them some cookies.

Day 4

- Say "please" and "thank you."
- Pray for someone who is struggling.
- Make a care package for someone.

Day 5

- Facetime a relative.
- Take your dog for a walk or outside to play.
- Read a book to a younger sibling.

Day 6

- Hug a parent just because.
- Make a gift for a friend.
- Put kind notes on your neighbor's door.

Day 7

- Tell someone they did a great job.
- Ask someone to play who looks like they are left out.
- Pick up litter in the yard or at the park.

Bonus Challenges!!!

Bonus 1 - Thank-You Notes!

Write or Draw a thank-you card to a community helper.

Examples: teacher, lunchroom worker, janitor, lineman, bus driver, mailman, police officer, or fireman.

Bonus 2 - Chalk Art!

Write kind words on the sidewalk with chalk for others to see, such as "you rock," "you've got this," or "today is your day."

Bonus 3 - Donate New Toys

Donate new toys to a local children's hospital or Ronald McDonald House by:

- Buying new toys.
- Organizing a toy drive.

IMPORTANT: Contact your children's hospital, RMHC, or charity of choice to find out their needs, age group, etc.

Bonus 4 - Make Ornaments and/or Decorate for Someone

Make Christmas decorations for a retirement home, children's home, or charity of your choice. You can even offer to help them decorate when it's time.

Bonus 5 - Feed the Birds

Make Christmas decorations for a retirement home, children's home, or charity of your choice. You can even offer to help them decorate when it's time.

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