



Random Acts of Luv Challenge for Kids

Small acts. Big hearts. Spread the Luv all week long.

Complete as many acts as you can — solo, with your family, your class, or your team.

- ♡ Say “thank you” to a teacher or helper
- ♡ Give someone a compliment
- ♡ Draw a picture for someone
- ♡ Help clean up without being asked
- ♡ Share a snack or treat
- ♡ Write a kind note
- ♡ Invite someone new to play at recess or to sit with you at lunch
- ♡ Help a friend
- ♡ Smile and say hello
- ♡ Make a “You’re Awesome!” card
- ♡ Donate a toy or book
- ♡ Hold the door open for someone
- ♡ Read to a younger sibling or classmate
- ♡ Do a secret good deed
- ♡ Share something that makes you happy (a joke, song, or story)
- ♡ Tell someone why you appreciate them
- ♡ Help a younger kid learn something new
- ♡ Give a high-five, thumbs-up, or happy wave to someone
- ♡ Cheer someone on during a game or activity
- ♡ Pick up trash to help your school or park