



Be Kind Challenge



A great way to practice reflection and gratitude, document acts of kindness, and inspire others is to join the Be Kind Challenge! Ben's Bells is committed to keeping kindness active and strong in our communities. Our "be kind challenge" can be done from anywhere and is a motivator that helps us do kindness even better, so we invite you to join us now!



Set Up

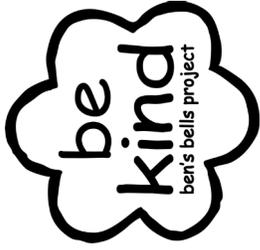
1. Print the "be kind challenge" chain links so you can track your acts of kindness.
2. Have the chain links available in an easy location along with pens/pencils and tape or a stapler.
3. Record your acts of kindness throughout the day on the slips, and add each new slip to the chain. Kindness can be enacted towards anyone. Remember to record kindnesses that you do for others and for yourself!
4. Use our monthly Kindness Calendar as a resource for practicing kindness.
5. Come up with fun and creative ways to display your kindness chains. How long will it take you to wrap your chain around the room? Or across your yard?

Utilizing Your Kindness Chain

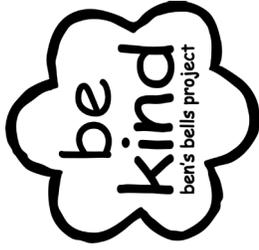
- Display your chain in a highly visible location.
- Keep track of the number of acts of kindness and share the total with us and your community regularly. We all like to see progress!
- Read some of the acts of kindness aloud to showcase great ideas and inspire others.
- Demonstrate performing, writing, and reading an act of kindness for children.
- Talk about intentional kindness and the positive impact it can have on your community and our society and how the slips add to the greater good!

Share Your Progress

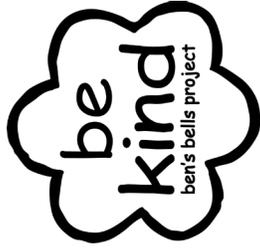
Show us how you document your kindness and share it with us on Facebook or Instagram by tagging @bensbells and use #bekindchallenge, so we can share your kindness chains with the world! Documenting your kindness and seeing it grow is a healthy practice for you and a wonderful inspiration for your community.



Name: _____ Date: _____
Act of Kindness: _____



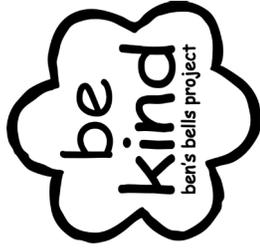
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