

Advancing with Kindness

A 14- DAY CHALLENGE

February 2026

Workbook

Heartfulness 14 - Day Kindness Challenge



“Let the goodness of your heart be reflected in your actions.”

- Daaji

Heartful Schools, offered by the Heartfulness Institute, has initiated a 14 - Day Kindness Challenge for students in K-12 grades. By performing an act of kindness every day over a week, students enhance their emotional quotient (EQ) and unleash a ripple effect that transforms their lives and those of the people around them.



Why should you participate in the Challenge?

An opportunity to:

- perform simple but unique acts of kindness
- grow as a community when participating as a group
- look at the world in a new way by becoming aware of the needs of the people around us
- become a **Kindness Champion!**

Guidelines for using the Workbook

1. The 14 day Kindness Challenge may start on February 1st
2. Perform an act of kindness as listed for each day over 14 days.
3. Write about/ Reflect on the activity you did for the day.
4. Appreciate the children for their participation in the kindness acts.
5. All submissions have to be sent through the [submission form](#)
6. All submissions are due by February 26th.
7. All submissions will receive a certificate of appreciation on March 1st.

Try to be a rainbow in someone else's cloud - Maya Angelou

Day 1 : Say Kind Words to 3 people

What did you do/ How do you feel? (Write/ Draw)

Day 2 : Help a younger sibling or friend.

What did you do/ How do you feel? (Write/ Draw)

Kindness if free; let's pass it on - unknown

Day 3 : Help someone at home or school without being asked. What did you do/ How do you feel? (Write/ Draw)

Day 4 : Thank someone and share why you are grateful. What did you do/ How do you feel? (Write/ Draw)

Be kind whenever possible, it is always possible - Mother Theresa

Day 5 : Share something today (toy, snack, book, or a smile). What did you do/ How do you feel? (Write/ Draw)

Day 6 : Hold the door open for someone. What did you do/ How do you feel? (Write/ Draw)

People will never forget how you made them feel - Maya Angelou

Day 7 : Watch a Kindness Video ([Elementary Level](#), [Middle School](#), [High School](#)) and Experience [Heartfulness Relaxation](#)

Day 8 : Be Kind to Nature. Water a plant or pick up litter. What did you do/ How do you feel? (Write/ Draw)

When words are both kind and true, they can change the world - Buddha

Day 9 : Do one surprise kind act for someone.
What did you do/ How do you feel? (Write/ Draw)

Day 10 : Find a friend who is eating alone at lunch and sit with them. What did you do/ How do you feel? (Write/ Draw)

If you can be anything, be kind - unknown

Day 11 : Use kind manners: please, thank you and sorry.
What did you do/ How do you feel? (Write/ Draw)

Day 12 : Encourage someone who needs support today.
What did you do/ How do you feel? (Write/ Draw)

No act of kindness, no matter how small, is ever wasted - Aesop

Day 13 : Do something loving for a family member. What did you do/ How do you feel? (Write/ Draw)

Day 14 : Rest, Smile, and say: “**I am kind, I try my best**”. Practice **Heartful Affirmations**. What did you do/ How do you feel? (Write/ Draw)

Suggested Book List

FOR K-3 READERS

- *Stand in My Shoes: Kids Learning About Empathy*, by Bob Sornson; illustrated by Shelley Johannes
- *Those Shoes*, by Maribeth Boelts, illustrated by Noah Z. Jones
- *Kindness is Cooler, Mrs Ruler*, by Margery Cuyler, illustrated by Sachiko Yoshikawa
- *What Does It Mean To Be Kind?*, by Rana DiOrio, illustrated by Stéphane Jorisch
- *Ordinary Mary's Extraordinary Deed*, by Emily Pearson, illustrated by Fumi Kosaka
- *Each Kindness*, by Jacqueline Woodson, illustrated by E.B. Lewis
- *The Invisible Boy*, by Trudy Ludwig, illustrated by Patrice Barton
- *Heartprints*, by P.K. Hallinan

Suggested Book List

FOR 4-8 READERS

- *Enemy Pie*, by Derek Munson
- *A Bike Like Sergio's*, by Maribeth Boelts
- *Each Kindness*, by Jacqueline Woodson
- *The Big Umbrella*, by Amy June Bates
- *Kindness is a Kite String*, by Michelle Schaub
- *Charlotte's Web*, by E.B.White

FOR 9-12 READERS

- *A Lesson Before Dying*, by Ernest J. Gaines
- *Children of the River*, by Linda Crew
- *Farewell to Manzanar*, by Jeanne Wakatsuki
- *Of Mice and Men*, by John Steinbeck
- *Please Stop Laughing at Me*, by Jodie Blanco
- *To Kill a Mockingbird*, by Harper Lee

Practice Guided Heartfulness Tools to Foster Kindness

Heartfulness Affirmation

By stating an affirmation heartfully, we tune the chaos of the mind into the stillness of the heart, deepening our internal connection and strengthening the positive traits of the heart, such as compassion, empathy, and love.



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Heartfulness Relaxation

This guided relaxation makes gentle suggestions to relax your body, from the feet to the top of the head, and finally resting at the heart. Remain absorbed for as long as you want, until you feel ready to come out.



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Share the pictures of your acts of Kindness here [Submission Form](#)



Thank you for participating in this challenge!



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