

Advancing with Kindness

A **7- DAY** CHALLENGE

February 14th-21st, 2026






7 Days

7 Acts

Infinite
Happiness



Through this book,
Empower yourself to become
a Kindness Champion!

Heartfulness 7- Day Kindness Challenge

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

- Daaji

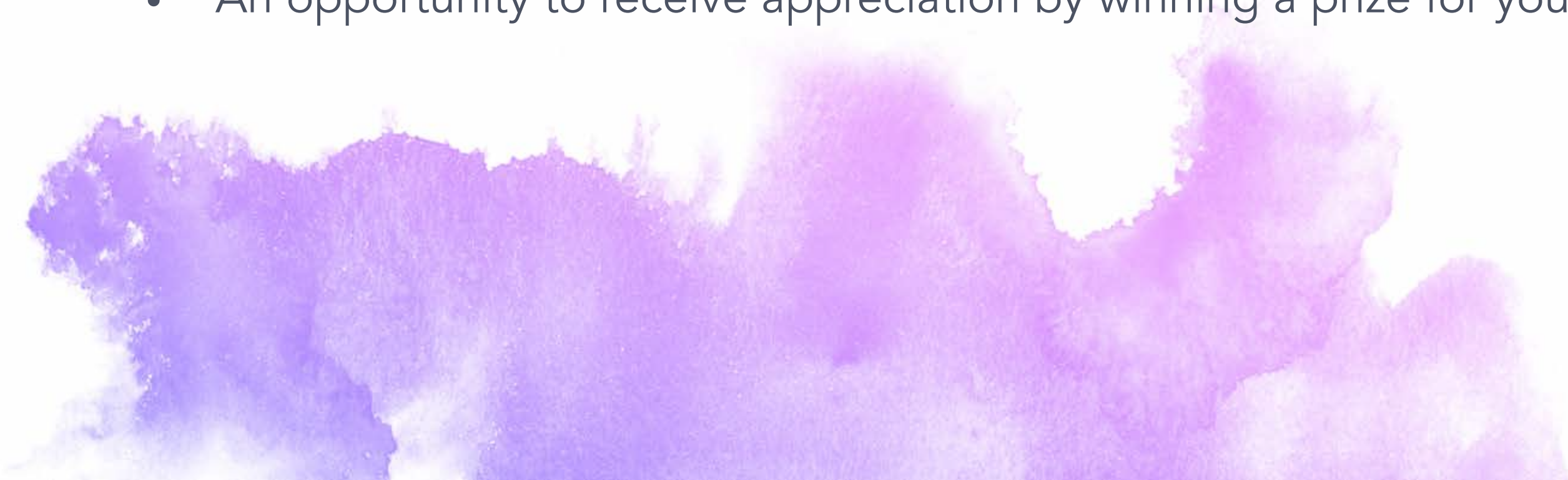
Heartful Schools, offered by the Heartfulness Institute, has initiated a **7-Day Kindness Challenge** for students in K-12 grades. By performing an act of kindness every day over a week, students enhance their emotional quotient (EQ) and unleash a ripple effect that transforms their lives and those of the people around them.





Why should you participate in the Challenge?

- An opportunity to perform simple but unique acts of kindness
- An opportunity to grow as a community when participating as a group
- An opportunity to look at the world in a new way by becoming aware of the needs of the people around us
- An opportunity to receive appreciation by winning a prize for your class!



Guidelines for using the Ebook

1. The 7 day Kindness Challenge starts on February 14th and ends on February 21st
2. Go to your grade level and pick any 7 acts of kindness from the list.
3. Perform an act of kindness from the selected list each day over 7 days.
4. Choose to do some of the suggested activities given in the ebook.
5. Appreciate the students for their participation in the kindness acts.
6. Upload the pictures of their acts of kindness at this [link](#).
7. On February 21st, reflect with the students about the experience of participating in the challenge.
8. All submissions will be entered in a raffle to win prizes for your classroom.
9. All submissions will receive a certificate of appreciation.
10. All submissions are due by February 26th.

Kindness Challenges for Grades K-3 *(Pick any 7)*

Write a kind word
to five of your
classmates

Invite a new friend
to play with you
during break

Show appreciation to
your teacher by making
her a card

Watch a Kindness Video
[\(Refer to suggestions\)](#)

Experience the
Heartfulness Relaxation
[\(Refer here\)](#)

Pick up 5 pieces of trash
in the school campus

Wrinkled Heart Activity
[\(Refer here for instructions\)](#)

Experience the
Heartful Affirmations
[\(Refer here\)](#)

Read a kindness book
in your class
[\(Refer to list here\)](#)

Collect handprints of as
many students as possible
on a paper and make a
kindness tree

Create a 'one-word'
Wall of Kindness

Kindness Challenges for Grades 4-8 *(Pick any 7)*

Write a kind note
for each of your
classmates

Make a bookmark for
someone new to you

Make a kindness
poster for the school
bulletin board

Read the Kindness Quotes
and discuss the
thoughts/emotions they
evoke in you ([Refer here](#))

Experience the
Heartfulness Relaxation
([Refer here](#))

Create a 'one-word'
wall of kindness

Volunteer to help your
teacher with a task

Experience the
Heartful Affirmations
([Refer here](#))

Read a kindness book in
your class
([Refer to list here](#))

As a group, help in one of
the school departments
(e.g. Library)

As a group, write
letters of appreciation
to the school staff

Help a younger
student

Kindness Challenges for Grades 9-12 *(Pick any 7)*

Write a kind word
to five of your
classmates

Hold the door
open for
someone

Give a handmade
appreciation card to any
of the school staff

Make a kindness poster
for the school bulletin

Experience the
Heartfulness Relaxation
[\(Refer here\)](#)

Find a friend who is
eating alone
during lunch

Design a web page
with a few kindness
quotes

Experience the
Heartful Affirmations
[\(Refer here\)](#)

Create a Tiktok on
demonstrating kindness and
tag us on [#heartfulschools](#)
on Instagram

Help in one of the school
departments
(e.g. Library)

Volunteer to help your
teacher with a task

Create a 'one-word'
Wall of Kindness



Reflection Time

On February 21st, students can fill up a short reflection form describing their experiences of participating in the Kindness Challenge. Please submit the reflections [here](#).

For younger grades, the teachers may send in the student responses.

Read the Kindness Quotes and discuss the thoughts/emotions they evoke in you

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

“Be kind whenever possible. It is always possible.” - Dalai Lama

“Kind words can be short and easy to speak, but their echoes are truly endless.” - Mother Teresa

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

“Try to be a rainbow in someone else’s cloud.” - Maya Angelou

“If we all do one random act of kindness daily, we might just set the world in the right direction.” - Martin Kornfeld

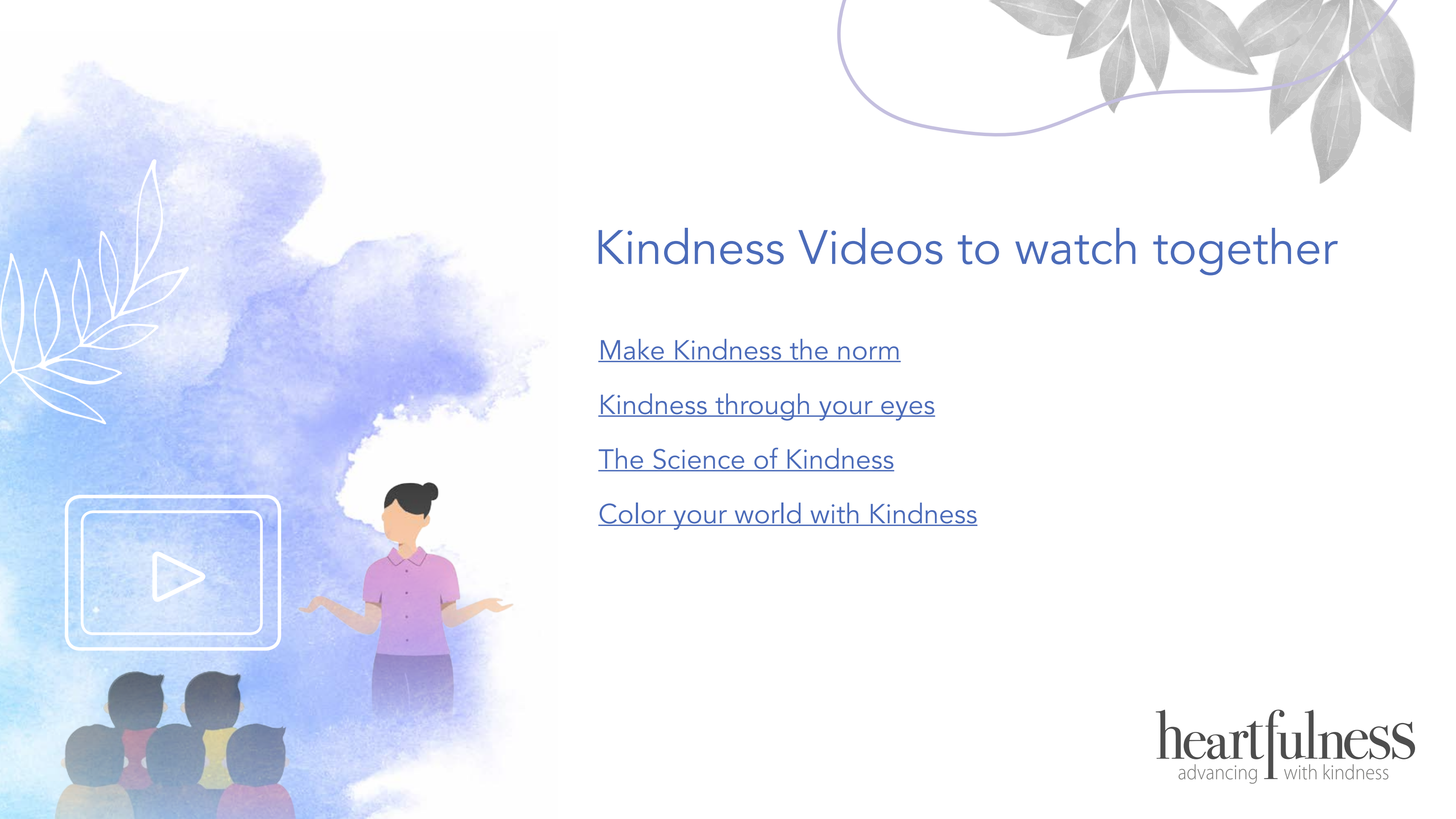


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Wrinkled Hearts Activity

1. Cut out a giant heart from a paper.
2. Ask the students to share examples of unkind acts. It may even be events that they might have experienced.
3. As each unkind example is shared, fold the heart. Keep folding the heart for each gesture until the heart is completely folded.
4. Then, ask the students to share positive experiences or kind gestures. For each gesture, open one fold. Keep sharing until the heart is completely unfolded and open.
5. The visual of the heart is an explanation that when unkind things happen it can hurt our hearts (the folds in the heart). As we experience kindness and forgiveness, our heart opens back up but it may still be wrinkled. So, we need to be mindful of our words and heartfelt towards our actions before we say or do them.





Kindness Videos to watch together

[Make Kindness the norm](#)

[Kindness through your eyes](#)

[The Science of Kindness](#)

[Color your world with Kindness](#)

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

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



Book List

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 RELAXATION

Practice this guided relaxation by reading (and learning) this relaxation script, which makes gentle suggestions to relax your body, from the feet to the top of the head, and finally resting at the heart.

Sit comfortably and close your eyes very softly and very gently.

Begin with the toes. Wiggle your toes. Now feel them relax.

Feel the healing energy of Mother Earth move up into your toes, feet and ankles. Then up to your knees, relaxing the lower legs.

Feel the healing energy move further up your legs. Relax your thighs. Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From your tailbone to your shoulders, feel your entire back relaxing.

Relax your chest and ... and shoulders. Feel your shoulders simply melting away...

Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.

Relax your neck muscles. Move your awareness up to your face. Relax the jaws ... mouth ... nose ... eyes ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed. Scan your system from top to toe, and if there is any part of your body that is still tense, painful or unwell, feel it being immersed in the healing energy of Mother Earth for a little while longer.

When you are ready, move your attention to your heart. Let's rest there for a while, feeling immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed within.

Remain absorbed for as long as you want, until you feel ready to come out.

“Relaxing your body
is being kind to yourself.”

GUIDED AUDIO

[Male voice](#)

[Female voice](#)



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Practice Heartful Affirmations to Foster Kindness



GUIDED AUDIO

[Male voice](#)

[Female voice](#)

HEARTFUL AFFIRMATIONS

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.

These affirmations help us center, relax and be open. When we connect internally we are better able to connect externally to everyone and everything around us.

I am happy, joyful and grateful for all my life experiences.

I am clear, calm and confident with my words and actions.

I am balanced, I am centered, I am relaxed, I am connected within my heart.

I am becoming more empathetic, compassionate and loving.

I am genuine in my thinking, I am developing correct thinking, clear understanding and an honest approach to life.

I am feeling connected to everyone and everything around me.

How do you feel now?

Here are some guidance to know your feelings. Remember that the first step is to create awareness. Feel free to use them on your own or use them with others!



Share the pictures of your acts of Kindness here

[Google Form](#)



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Send us pictures from your activities
by emailing or tagging us on our social media!

#heartfulschools



support.hps@heartfulnessinstitute.org

edu@heartfulnessinstitute.org

www.heartfulschools.org

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Grow Kindness Campaign

Grow Kindness is an initiative to bring people together to improve well-being in the whole community in partnership with Student Wellness and Leadership (SWL) Movement and Heartfulness Institute.

Contact connect@swlmovement.org for any questions.



1. Gratitude

Write down three things
you are grateful for.
Be specific!

2. Kindness

Write a letter of kindness
to someone in your life

3. Actions

Encourage kindness
by giving out stickers to
people you see doing
random acts of kindness

4. Rocks

Paint a rock with a
kindness quote and plant
it in your community