

# Advancing with Kindness

---

## A **7-DAY** CHALLENGE

---

February 14<sup>th</sup> - 21<sup>st</sup>, 2025






7 Days

7 Acts

Infinite  
Happiness



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

heartfulness  
advancing  with kindness

# 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 14<sup>th</sup> and ends on February 21<sup>st</sup>
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 21<sup>st</sup>, 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 26<sup>th</sup>.

# 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 21<sup>st</sup>, 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

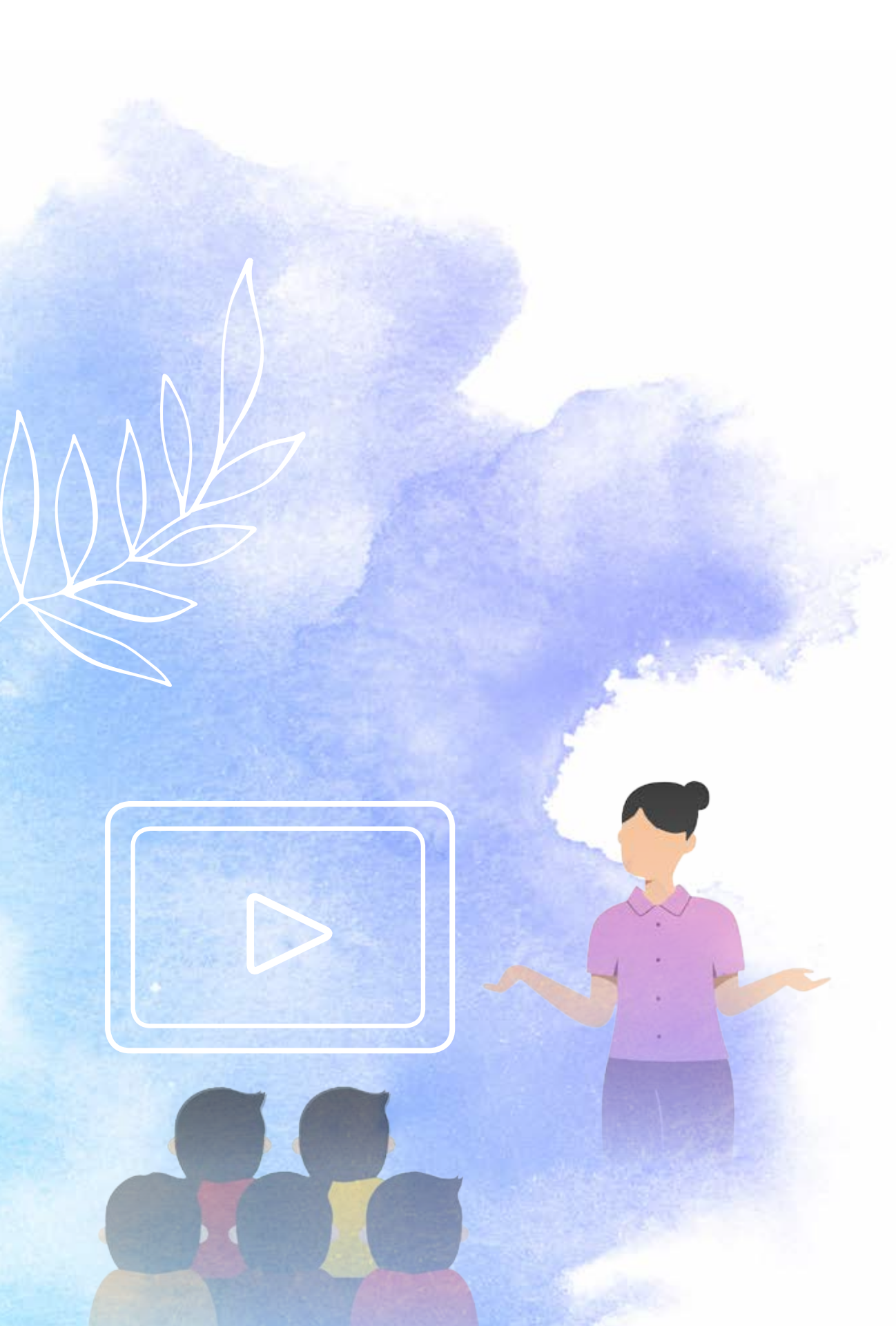
*“If we all do one random act of kindness daily, we might just set the world in the right direction.”* - Martin Kornfeld



# 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](#)



heartfulness  
advancing with kindness

# 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!

How do I feel?

ME or WE



RESTLESS or RELAX



FEAR or COURAGE



ANGER or LOVE



[www.heartfulnessschools.org](http://www.heartfulnessschools.org)  
[edu@heartfulnessinstitute.org](mailto:edu@heartfulnessinstitute.org)



How do I feel?

REACTIVE or RESPONSIVE



COMPLEX or SIMPLE



ANXIETY or POISE



STRESSFUL or PEACEFUL



[www.heartfulnessschools.org](http://www.heartfulnessschools.org)  
[edu@heartfulnessinstitute.org](mailto:edu@heartfulnessinstitute.org)



How do I feel?

IMBALANCE or BALANCE



HEAVY or LIGHT



CONFUSION or CLARITY



DESIRE or CONTENTMENT



[www.heartfulnessschools.org](http://www.heartfulnessschools.org)  
[edu@heartfulnessinstitute.org](mailto:edu@heartfulnessinstitute.org)



Share the pictures of your acts of Kindness here

[Google Form](#)



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

**#heartfulschools**



[support.hps@heartfulnessinstitute.org](mailto:support.hps@heartfulnessinstitute.org)

[edu@heartfulnessinstitute.org](mailto:edu@heartfulnessinstitute.org)

[www.heartfulschools.org](http://www.heartfulschools.org)

heartfulness  
advancing **I** with kindness

# 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](mailto: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