

Bob Loves Bling

30 Day Kindness Challenge

**Welcome, little helpers—let's make kindness bloom!
One tiny loving action can brighten up a room.**

1. Give someone a sunny, twinkly smile that twinkles like the sun	16. Be patient in line — waiting with kindness and light
2. Say “thank you” kindly—even when the day’s not fun	17. Leave a secret note that says, “You’re wonderful!”
3. Hold the door for someone walking right behind	18. Notice someone new — smile, be thoughtful, and kind
4. Share a toy or snack—be thoughtful, gentle, kind	19. Care for nature — pick up a piece of trash and put in garbage can
5. Give a big hug (ask first!)	20. Share a comfy seat and let kindness splash
6. Say, “Want to play?” and help a friend feel welcome	21. Say “please” and “thank you”—little words, big heart
7. Pick up three things—tidying is kindness too	22. Make room for someone in a crowded spot
8. Draw a happy picture for someone feeling blue	23. Help a someone with a daily chore or boring task
9. Compliment someone—true, sweet, and small	24. Tell your teacher — they are liked and so much more
10. Let another person choose the game or ball	25. Make a sibling laugh—giggles blooming wide
11. Listen fully—eyes and ears both near	26. Say “Great job!” with encouraging pride
12. Help set the table—plates, napkins, and cups	27. Let someone go first — step back with grace
13. Say “I’m sorry” softly, when mistakes are made	28. Take a calming breath — keep peace in your space
14. Cheer for others when their moment bubbles up	29. Wish someone a happy day — near, far, or unseen
15. Tell someone why you love them—short and bright	30. Smile with a big wide, toothy smile... for no reason at all

**Kindness grows like daisies—petal by petal, day by day.
Thanks for helping the world feel softer in your Bob Loves way!**