

# ..... Kindness Challenge ..... FOR MOM

1. Compliment your child on something praiseworthy he did recently.
2. Do a task for your child that you know she dislikes doing.
3. Don't argue with your child today.
4. Identify an improved behavior and compliment your child about it.
5. Leave your child's favorite snack on the counter with a love note attached.
6. Offer your child unconditional support and encouragement today.
7. Do a kindness accountability check; write down how you are doing.

NOTES:

8. Find one thing your child has done recently that you are thankful for and tell them.
9. Gather a news article or picture that you think will interest your child and show it to her.
10. Encourage your child through their worries.
11. What is one thing your child has done for you? Do the same type of action for him today.
12. If your child complains, rather than exasperation respond with patience.
13. Make or bring your child their favorite milkshake or smoothie.
14. Make a list of positive things you appreciate in your child. Make one be today's affirmation.
15. The next time your child ruffles your feathers, respond with a compliment or kind word back.
16. Look for a way to sincerely praise your child in front of their dad, friends, or teacher.
17. Tell your child a joke or send them a funny video- something that is HER type of humor.
18. Recall something kind your child did for you, and tell him how it made you feel.
19. Offer to help your child on a difficult project and follow through.
20. Find something your child is especially concerned about and pray for her about it.
21. What has been the easiest or the most difficult part of this 30 day challenge so far?

NOTES:

22. If you have complained about your child to someone, tell them something good about him.
23. Write a sticky note of encouragement and leave it where it will be seen.
24. Whatever you encouraged your child about yesterday, ask how it went.
25. What can you tell your child "thank you" for today? Be on the lookout.
26. Acknowledge the "unseen" efforts your child makes at school.
27. What has your child most responded to from the 30-Day Kindness Challenge? Do it again.
28. Celebrate one of your child's great character traits with your family.
29. Create a 'Top Five Things I Appreciate About My Child' list. Leave it on their bed for them.
30. Make a commitment to make kindness a habit, and tell someone else for accountability.

NOTES: