



Kindness Week

Bond Kindness Challenge

No matter where you are in the world, you can take part in the Bond Kindness Challenge. Kindness means something different to everyone, so you are welcome to carry-out your own ideas.

You can do this activity in your own time throughout the day. Before you begin the challenge, mark your happiness level on the next page (page 2). Embark on your kindness journey and tick off each act of kindness you undertake.

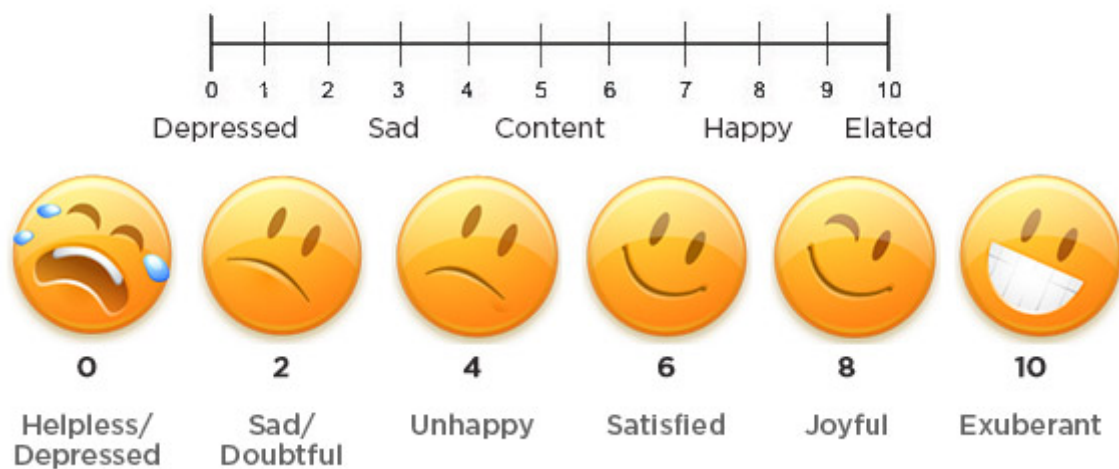
Once you have carried out as many acts of kindness as you can, rate your happiness again. Then spend sometime to reflect on any changes in how you are feeling. Write a journal entry (page 3 & 4) on the impact you think these acts of kindness have had on you and the person you were kind to. If you are open to sharing, please send your journal entry to ssw@bond.edu.au.

- Say hello to at least five people you pass by.
- Hold the door open for someone.
- Help carry some books or a friend's bag.
- Spread some beauty. Leave a kind note somewhere on campus for a stranger to see.
- Write a nice message to someone on their social media for others to see.
- If you see litter around campus, pick it up and throw it away.
- Spread some encouragement and positivity online.
- List the things you that you enjoy about your life and store it in your phone to read on a tough day.
- Share a kindness related story with someone on campus and brighten their day.
- Call a friend you have not spoken to for a while.
- Send someone you know a picture of a cute animal.
- Send a good friend a fun joke that will make their day.
- Take a minute to help a person who appears lost on campus.
- Ask a student on campus how they are doing and listen sincerely to their response.
- Surprise someone with a message of gratitude.
- Pay it forward when you are buying a coffee.
- Smile at someone, it might just make their day.
- Write your kindness idea here
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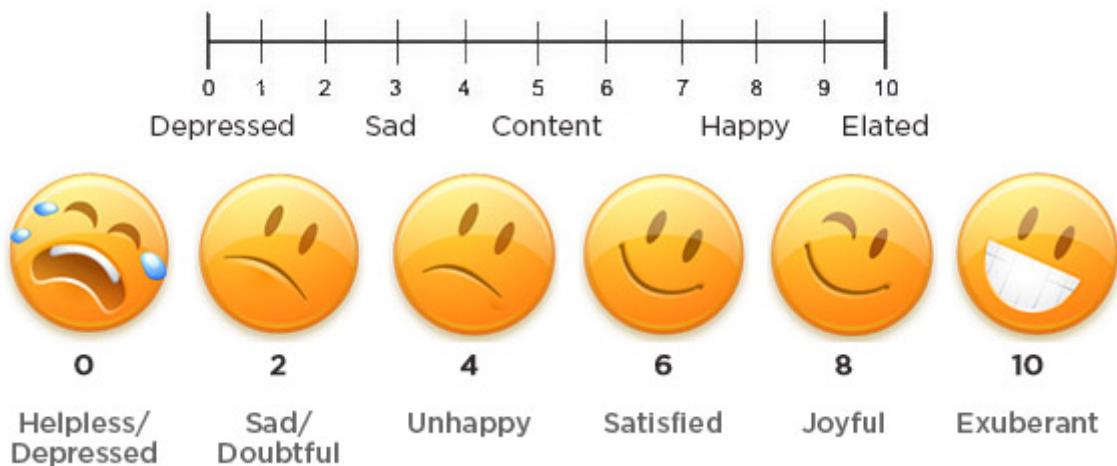
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Please mark on the scale how you feel **BEFORE** the challenge?



How do you feel **AFTER** the challenge?





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Journal Entry

A large, rounded rectangular area designed for journaling. It features a vertical red margin line on the left side. The page is ruled with horizontal blue lines. On the left edge, there are four circular punch holes, one in each of the four quadrants created by the margin line.



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Journal Entry

A large, rounded rectangular area designed for journaling. It features a vertical red margin line on the left side. The page is ruled with horizontal blue lines. There are four circular punch holes along the left edge, positioned between the margin line and the left edge of the page.