



The PEYitforward
— F O U N D A T I O N —

THE #PEYITFORWARD2024 CHALLENGE

*How many **random acts of kindness** can you do in one day?*

THE #PEYITFORWARD2024 CHALLENGE

- 1. Give someone a compliment
- 2. Reach out to an old friend
- 3. Pay for someone's meal
- 4. Write a letter to someone
- 5. Donate to a fundraiser/cause
- 6. Donate winter garments to a shelter
- 7. Leave a generous tip for a server
- 8. Tell someone why they're important to you
- 9. Pay for someone's coffee
- 10. Hold the elevator for someone
- 11. Send a positive text to three people
- 12. Purchase hygiene products for the homeless
- 13. Email a former teacher
- 14. Do something for the elderly
- 15. Post something positive on social media
- 16. Volunteer somewhere
- 17. Plant a tree or plant
- 18. Write a kind review for a small business
- 19. Give someone a "just because" gift
- 20. Make and send a care package to someone
- 21. Make a meal for someone who needs it

THE #PEYITFORWARD2024 CHALLENGE

(KIDS VERSION)

- 1. Give someone a compliment
- 2. Thank your teachers
- 3. Use chalk to write kindness messages
- 4. Write a handwritten letter to someone
- 5. Hold the door for someone
- 6. Make a gratitude journal
- 7. Thank your mail carrier
- 8. Write a letter to a soldier or veteran
- 9. Tell someone why they're important to you
- 10. Tell a friend a joke
- 11. Do a chore without being asked
- 12. Start recycling
- 13. Make kindness rocks
- 14. Do something for the elderly
- 15. Encourage someone
- 16. Volunteer somewhere
- 17. Plant a tree or plant
- 18. Color a picture for someone else
- 19. Give someone a "just because" gift
- 20. Donate books or toys
- 21. Help your parents with a task