



# Challenge card summary

Categories: Gratitude Care for the environment Giving School community;  
 Kindness New-friends Doing the right thing

<p><b>1</b> </p> <p>Write or draw a list of 10 things you are grateful for</p>	<p><b>2</b> </p> <p>Sit next to someone you don't normally sit with at lunchtime</p>	<p><b>3</b> </p> <p>Have a book swap in your class</p>	<p><b>4</b> </p> <p>Let people go ahead of you all day</p>	<p><b>5</b> </p> <p>Offer to carry someone else's bag into school</p>	<p><b>6</b> </p> <p>Start a scrap paper pile for drawing to save paper</p>	<p><b>7</b> </p> <p>Leave an encouraging note for someone</p>	<p><b>8</b> </p> <p>Clear up after someone else's lunch</p>
<p><b>9</b> </p> <p>Write a thank you note to the lunchtime or reception staff</p> <p></p>	<p><b>10</b> </p> <p>Walk to school or park your car further away</p>	<p><b>11</b> </p> <p>Ask your grown-up about their day on your way home or at teatime</p>	<p><b>12</b> </p> <p>Find out the names of three people you haven't met before in school</p>	<p><b>13</b> </p> <p>Litter pick around the school</p>	<p><b>14</b> </p> <p>Leave your grown-up a surprise note or picture before you leave for school</p>	<p><b>15</b> </p> <p>Try to chat to someone you haven't spoken to in a while</p> <p></p>	<p><b>16</b> </p> <p>Bring in a donation for the local foodbank from your cupboard at home</p>
<p><b>17</b> </p> <p>Say thank you to your teacher for teaching you</p>	<p><b>18</b> </p> <p>Congratulate others when they do well</p>	<p><b>19</b> </p> <p>Help return lost property to the right owner</p>	<p><b>20</b> </p> <p>Leave the classroom as tidy and clean as you can</p>	<p><b>21</b> </p> <p>Make a class introduction pack in case anyone new starts during the year or for next year's class</p>	<p><b>22</b> </p> <p>Give somebody a nice compliment</p>	<p><b>23</b> </p> <p>Be the first to say sorry</p>	<p><b>24</b> </p> <p>Try to find out about what life is like for children in a poorer country</p>
<p><b>25</b> </p> <p>Be brave by trying something you find hard</p>	<p><b>26</b> </p> <p>Hold the door open for someone</p>	<p><b>27</b> </p> <p>Say a nice thing about someone to somebody else</p>	<p><b>28</b> </p> <p>Save energy by turning off the lights when you leave a room</p>	<p><b>29</b> </p> <p>Follow instructions without complaining</p> <p></p>	<p><b>30</b> </p> <p>Say thank you to someone in your class</p> <p></p>	<p><b>31</b> </p> <p>Don't interrupt; listen carefully instead</p>	<p><b>32</b> </p> <p>Invite somebody new to join in with your game</p>
<p><b>33</b> </p> <p>Try to avoid using any plastic that you throw in the bin, like straws</p>	<p><b>34</b> </p> <p>Play with a child from another year group</p>	<p><b>35</b> </p> <p>Find out how your class could help a local charity</p>	<p><b>36</b> </p> <p>Find out something new about somebody</p>	<p><b>37</b> </p> <p>Give someone a nice surprise</p> <p></p>	<p><b>38</b> </p> <p>Talk to people in your class about their favourite thing about school</p>	<p><b>39</b> </p> <p>Ask how you can help out at school</p>	<p><b>40</b> </p> <p>Make posters about your school values to display</p>