



# Scavenger Hunt

Place a checkmark in the square next to each item that you complete. The object is complete all 10 Scavenger Hunt suggestions.

- Give someone a compliment.
- Write a kind message on the sidewalk in chalk.
- Go for a walk with a classmate, friend or family member.
- Practice a Kindful Minute.
- Hide a kind note in a book at the school library for a random classmate to find.
- Ask a classmate or friend what activity they would like to do and then join them in the activity.
- Hold the door open for someone.
- Give a hug, "high five" or say something kind to a classmate that is feeling sad.
- Exercise your Respectful Listening skills during school.
- Ask a new classmate or a student you don't know to eat lunch with you.

**#healthmovesminds #RAKWeek2024**