

Nevaeh's Act of Kindness Challenge

Newfoundland and Labrador Council

We are encouraging you to participate in this special Challenge in honour of Nevaeh Denine. Nevaeh was a member of Goulds District in Ocean's Edge and exemplified our Guiding values. She overcame challenges, led by example and did her part to spread kindness in the world.

We are challenging all members to participate in this special Challenge. Once completed, you can order your crest using the GGCNL Crest order form.



Challenge Details

The Challenge is made up of 3 components:

All Branches – Sparks, Brownies, Guides, Pathfinders, Rangers, Guiders	Challenge Activities
Required Acts of Kindness	All 10
+ Individual Activities	Pick 5
+ Unit Activities	Pick 3

For individual activities, just print and hand the completed acts of kindness to your Guider.

Units will track Unit activities





The following 10 Acts of Kindness are required for this Challenge

	Complete ALL of the Required 10 Activities	Check when Completed	Date Completed
1	Hold the door for someone		
2	Say good morning and good evening		
3	Let someone go in front of you in line		
4	Give pleasant greetings to everyone you see		
5	Saying please and thank you		
6	Give a hug		
7	Smiles for everyone you see		
8	Share with a friend		
9	Ask if you can help		
10	Make someone laugh		

Optional Activities for the Individual Challenge (Choose 5)

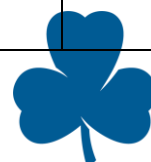
	You must also complete Any 5 from this list	Check when Completed	Date Completed
1	Set the table		
2	Read a book to someone		
3	Help carry the groceries		
4	Help sibling or friend with homework		
5	Help taken out the garbage		
6	Help with feeding pets		
7	Clear and wash the dishes		



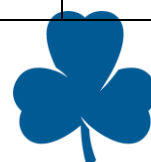
8	Help prepare or cook a meal		
9	Start recycling		
10	Plan a family activity day		
11	Draw a picture for a friend		
12	Make a friendship bracelet for someone		
13	Make your bed		
14	Use less plastic		
15	Write a thank you note		
16	Teach someone something new		
17	Babysit for free		
18	Donate blood		
19	Bike ride or walk to school		
20	Plan a family day		
21	An Act of Kindness of your choice (describe)		

Optional Activities for the Unit Challenge (Choose 3)

	Complete 5 of these activities	Check when Completed	Date Completed
1	Collect school supplies to donate		
2	Collect jackets and coats to donate		
3	Collect food for your local animal shelter/rescue		
4	Make dog and cat toys to donate to your local animal shelter/rescue		
5	Make thank you cards for your local fire, police and ambulances for their service along with a box of GGC cookies		
6	Organize a community clean up (shore, parks ext)		



7	Organize a game night at your local nursing or personal care home		
8	Organize a craft night at your local nursing or personal care home		
9	Paint inspirational stones to leave around your community		
10	Write inspiration words on the side walk with Chalk		
11	Have a book drive and donate to your local library or family shelter		
12	Make bird feeders to hang around your community		
13	Hand out duck food to people at the park or ponds		
14	Donate craft supplies to the Janeway or community family centre		
15	Collect and donate puzzles to your local personal care home		
16	Plan an encouraging blitz make posters with compliments and hold them up to passer Byers		
17	Bring a friend night		
18	Have a kindness scavenger hunt		
19	Thank your community supporters with a card and GGC cookies		
20	Have a sock drive for the homeless		
21	Make care packages for your local food bank with hygiene products		
22	Organize a hamper drive for a family in need		
23	Make birthdays in a box for your local food bank or family in need		
24	Donate wipes, diapers and formula to a local family centre or food bank		
25	Organize a community refreshment stand (lemonade, hot chocolate etc)		
26	Make a garden for your local personal care home		
27	Collect pop tabs for Ronald McDonald house		
28	Plant milkweed to attract butterflies		
29	Make a community garden		
30	Donate greeting cards to Ronald McDonald house		
31	Make and donate Alzheimer's autism figit sensory busy blankets		
32	Collect vegetable seeds for the autism centre		



33	Make nonslip socks for your local nursing or personal care home		
34	Make feel better blankets for kids in hospital (non sew fleece blankets)		
35	Hold a stuffed animal drive for the homeless		
36	An Act of kindness of your choice (please describe)		

