



KINDNESS MATTERS!

Spread Kindness, One Act at a Time!

Show your community what it means to be Sequoia Strong!

STUDENT NAME: _____

GRADE: _____

KIND-A-THON PLEDGE FORM

MY GOAL IS _____ ACTS OF KINDNESS

I ACHIEVED _____ ACTS OF KINDNESS!

Name	Pledge Per Act of Kindness	Single Pledge	Total Due	Total Collected	Donation Type (Cash, Check, CC Online)
John Q. Kindness	\$5.00		\$30.00	\$30.00	
Mary T. Giving		\$25.00	\$25.00	\$25.00	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
Please RETURN the form, pledge card and donations to the Counseling Office by Friday 3/14/25 in a sealed envelope labeled KAT – Student Name – Grade – Total Amount				TOTAL:	\$

Donations can be made via cash, check or Credit Card to PFC via online donation (LINK/QR Code below)
All Checks should be made out to "SMS PFC"



<https://sequoia-parent-faculty-club.square.site/>

See back for ideas on acts of kindness (presented by your Sequoia Leadership Team)

KINDNESS CHANGES EVERYTHING

Ideas for Your Acts of Kindness

Presented by your Sequoia Leadership Team

AROUND THE HOUSE	AT SCHOOL
<ul style="list-style-type: none"> <input type="checkbox"/> Teach something to younger sibling <input type="checkbox"/> Do a household chore without being asked <input type="checkbox"/> Help your parent(s) with dinner <input type="checkbox"/> Leave a small surprise or treat for your family member <input type="checkbox"/> Tell a family member what you like most about them <input type="checkbox"/> Go through your clothes, toys and books to see what you can donate to a local charity <input type="checkbox"/> Give your sibling a word of praise when they do something good <input type="checkbox"/> Set the table for dinner <input type="checkbox"/> Ask your parent(s) if they need help 	<ul style="list-style-type: none"> <input type="checkbox"/> Slip a kind note into a classmates backpack <input type="checkbox"/> Pick up 10 pieces of trash on campus <input type="checkbox"/> Show appreciation to your counselor or mentor <input type="checkbox"/> Send a Thank You note to your principal, teacher or staff member <input type="checkbox"/> Help a student in a grade below yours <input type="checkbox"/> Step up for someone in need <input type="checkbox"/> Say “hi” or cheer someone up who looks sad <input type="checkbox"/> Hold the door open for someone <input type="checkbox"/> Offer to help your teacher with a task
IN AND AROUND YOUR NEIGHBORHOOD AND COMMUNITY	
<ul style="list-style-type: none"> <input type="checkbox"/> Let someone go ahead of you in line <input type="checkbox"/> Write a thank you note to your mail carrier, local fire department, police department etc. <input type="checkbox"/> Bake cookies/treat and share them with your neighbor <input type="checkbox"/> Pick up and recycle trash in your neighborhood <input type="checkbox"/> Hold the door open for someone <input type="checkbox"/> Send a card or small gift to a neighbor <input type="checkbox"/> Make someone smile with a smile or happy dance <input type="checkbox"/> Write an encouraging note with sidewalk chalk outside to brighten the day of people who pass by <input type="checkbox"/> Place sticky notes with encouraging words in places for strangers or loved ones to find them 	

For more ideas check out www.greatkindnesschallenge.org

Take a pic of you completing your act of kindness and tag **smsgiants** Instagram.

#KindnessMatters #KindAThon #FundraisingWithHeart

Kind-A-Thon 2025

Student Name: _____ Grade: _____

Have each box initialed when act of kindness is complete!

SEQUOIA STRONG!