



Weekly Digital Kindness Challenge

1. **Positive Comment Challenge:** Leave a positive or encouraging comment on a friend's social media post.
2. **Support a Cause Challenge:** Share or like a post related to a social cause that they care about, such as anti-bullying initiatives.
3. **New Friend Compliment Challenge:** Say something nice to someone they recently met online (through a friend, online class, or a game).
4. **Digital Assist Challenge:** Help someone by answering a question or providing useful information in an online forum or group.
5. **Art Appreciation Challenge:** Share or comment positively on a piece of digital art or music someone has created online.
6. **Spread Positivity Challenge:** Post a positive quote or uplifting message on their social media platform.
7. **Debate Diplomacy Challenge:** Engage in a respectful conversation with someone who has a different viewpoint on a topic of interest.
8. **Game Sportsperson Challenge:** Congratulate someone who defeated them in an online game, showing good sportsmanship.
9. **Report Responsibly Challenge:** Report any inappropriate content or behavior they encounter online.
10. **Empathy in Action Challenge:** Respond with empathy to someone who's shared about having a tough day.
11. **Online Gratitude Challenge:** Send a message of appreciation to someone who has helped them in the online space, like a tutor or a game teammate.
12. **Digital Break Challenge:** Spend a day without any negative online interactions. No negative comments, messages, or reactions.