

# Resilient Ararat

## KINDNESS CHALLENGE

TELL SOMEONE  
YOU ARE  
PROUD OF  
THEM AND WHY

GO FOR A  
MINDFUL  
WALK  
OUTSIDE

DO  
SOMETHING  
CREATIVE

SMILE AT  
SOMEONE AS  
YOU WALK  
PAST

WRITE AND  
POST A  
GRATITUDE  
LETTER

SHARE A BOOK  
OR PODCAST  
YOU LIKE WITH  
A FRIEND

WATCH A  
SUNRISE OR  
SUNSET

VOLUNTEER  
TO HELP  
SOMEONE

COMPLETE A  
TASK YOU  
HAVE BEEN  
PUTTING OFF

CHECK IN ON  
SOMEONE YOU  
HAVEN'T HEARD  
FROM IN A  
WHILE

WATCH A SHOW  
OR MOVIE  
THAT MAKES  
YOU LAUGH

HOLD A DOOR  
OPEN FOR  
SOMEONE

PUT ON YOUR  
FAVOURITE  
SONG AND  
LISTEN WITH NO  
DISTRACTIONS

LEAVE A  
SMALL GIFT  
ON A FRIEND'S  
DOORSTEP

MAKE AN  
EFFORT TO  
DRINK MORE  
WATER

COOK OR BAKE  
SOMETHING  
FOR SOMEONE  
ELSE

TAKE A PHOTO  
OF SOMETHING  
BEAUTIFUL IN  
NATURE

PURCHASE A PAY  
IT FORWARD  
COFFEE FROM  
FRED & BET'S  
OR FORAGERS  
CAFES

PICK UP  
SOME  
RUBBISH IN  
A PUBLIC  
SPACE

WRITE A LIST  
OF THINGS YOU  
ARE LOOKING  
FORWARD TO

READ BEFORE  
YOU GO TO  
BED

TRY  
SOMETHING  
YOU HAVE  
NEVER DONE  
BEFORE

GIVE  
SOMEONE A  
COMPLIMENT

BLOCK SOME  
TIME OUT IN  
YOUR DAY TO  
DO AN ACTIVITY  
YOU ENJOY

LET A LOCAL  
BUSINESS  
KNOW THEY'RE  
DOING A GREAT  
JOB

PICK  
SOMEONE A  
FLOWER

DO TEN  
MINUTES OF  
STRETCHING

GO TO BED  
AN HOUR  
EARLIER

COMPLETE A  
RANDOM ACT OF  
KINDNESS OF  
YOUR CHOICE

LET SOMEONE  
GO BEFORE YOU  
IN A QUEUE

SPEND A  
MEAL TIME  
TECH-FREE

Resilient  
Ararat

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## KINDNESS CHALLENGE

*prioritise your mental wellbeing!*

### ABOUT THE CHALLENGE

This resource has been adapted from our October Stick to It Challenge campaign which was launched in 2024 as part of Mental Health Month. Kindness is empathy in action. It improves our mental health by promoting feelings of happiness. Practice being kind to yourself and others by taking part in Resilient Ararat's Kindness Challenge.

Over the page, you will find a list of thirty-one wellbeing tasks and random acts of kindness that have been developed by local students. Choose one to complete each day for one month.

### THE BENEFITS

In addition to spreading kindness throughout the community, the *Kindness Challenge* is designed to help you prioritise your mental wellbeing. You may be surprised by how your mood lifts each time you complete a wellbeing activity or do something nice for someone else.

We hope that by participating in this challenge for an entire month, you will build positive habits that you can maintain as ongoing wellbeing strategies.