SUMMER DANCE KINDNESS CHALLENGE

CAN YOU COMPLETE ALL 30 KINDNESS CHALLENGES?

Check off each challenge as you complete it.
There is no time limit. Complete a few each week
or see how many you can finish this summer!

BE A KIND TEAMMATE

- [ ] 1. Compliment a teammate's hard work
- [ ] 2. Cheer for someone during class
- [ ] 3. Introduce yourself to a new dancer
- [ ] 4. Learn a teammate's favorite dance style
- [ ] 5. Tell someone what you admire about them
- [ ] 6. Sit with someone new at camp or intensive
- [ ] 7. Encourage a friend who feels nervous
- [ ] 8. Celebrate someone else's success
- [ ] 9. Help a teammate clean up after class
- [ ] 10. Make someone smile at dance

SHOW APPRECIATION

- [ ] 11. Thank a dance teacher
- [ ] 12. Write a kind note to a teacher
- [ ] 13. Thank someone who drives you to dance
- [ ] 14. Tell your parent or caregiver what dance means to you
- [ ] 15. Thank a teammate for being a good friend
- [ ] 16. Leave a positive note in someone's dance bag
- [ ] 17. Say thank you after every class for one week
- [ ] 18. Share your favorite dance memory with someone
- [ ] 19. Thank a studio staff member
- [ ] 20. Tell someone why you enjoy dancing with them

SPREAD POSITIVITY

- [ ] 21. Learn and use someone's name
- [ ] 22. Give three genuine compliments in one day
- [ ] 23. Encourage a younger dancer
- [ ] 24. Help someone who forgot something
- [ ] 25. Share a positive dance quote
- [ ] 26. Include someone who seems left out
- [ ] 27. Tell a friend they did a great job
- [ ] 28. Practice positive self-talk before class
- [ ] 29. Do something helpful without being asked
- [ ] 30. End the week by writing down three things you love about dance

BONUS CHALLENGE!

Complete 20 or more kindness challenges this summer and celebrate with:



- [ ] A dance movie night
- [ ] A special treat
- [ ] A fun dance outing
- [ ] A new dance accessory
- [ ] A handwritten "Kindness Champion" certificate

PARENT NOTE

Dance skills grow through practice. Confidence, teamwork, and kindness grow through practice too.

This challenge is a simple way to help dancers build positive habits that make studios, teams, and classes more welcoming for everyone.

Keep it simple. The goal is not perfection. It is helping dancers notice opportunities to encourage others and create positive moments all summer long.