



Will you take the challenge?



COMPLIMENTS CHALLENGE



Sincerely name three of its qualities to someone you know

Will you take the challenge?



LISTENING CHALLENGE



Invite a friend to share a difficult situation with you, if they wish. Listen without judgment.

Will you take the challenge?



TIME CHALLENGE



Offer your time to someone you know who needs a hand.

Will you take the challenge?



GENEROSITY CHALLENGE



Organize a "Giving to the Next" activity.

Will you take the challenge?





Will you take the challenge?



KINDNESS CHALLENGE



Do an act of kindness for someone you don't know.

Will you take the challenge?



HELP CHALLENGE



Use your strengths to help someone you know.

Will you take the challenge?



READING CHALLENGE



Convince someone you know to read your favourite book (novel, comic book, biography, documentary or other).

Will you take the challenge?



SPORT CHALLENGE



Introduce someone you know to your favorite sport or physical activity.

Will you take the challenge?





Will you take the challenge?



ANIMATION CHALLENGE



Plan an activity to promote a pleasant climate in your environment.

Will you take the challenge?



THANK YOU CHALLENGE



Sincerely thank someone you know who encourages you to excel.

Will you take the challenge?



NO STRESS CHALLENGE



Organize an activity to reduce the stress of your colleagues and friends.

Will you take the challenge?



TRADE CHALLENGE



Talk to an adult who is doing something that inspires you to learn more.

Will you take the challenge?

