

# FULL SEND ON KINDNESS

HIGH SCHOOL **2026** CHALLENGE

**SCORE CARD**



School Name: \_\_\_\_\_  
 \_\_\_\_\_  
 Number in Group: \_\_\_\_\_  
 Contact Name: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

	Points Per Activity	Chapter Event/Activity*	Total Points	Total Registers	Date Completed	Photo Submitted
<b>HIGH POINT ACTIVITIES</b>	20	Host a watch party for Heart of the Motor Movie				
	20	Create a Commercial Promoting Donation (Group Activity)				
	20	Organize a School-wide Kindness Event or "Sports Extravaganza" (e.g., Fun Run, Field Day)				
	20	Host a School Wide assembly inviting Donor or Recipient Family (Group Activity)				
	15	Volunteer at a Local Charity or Shelter (Wearing Donate Life Swag) (Group Activity)				
	15	Plan and Execute a Healthy Peers Workshop (yoga, mental health wellness, coloring stations, etc.)				

<b>MID POINT ACTIVITIES</b>	10	Thank a Local Lifesaver (Police, EMS, Firefighter)				
	10	School wide door decorating contest				
	10	Create and Share a Video on Social Media About Mental Health Awareness, Kindness, or Overall Well-Being				
	10	Attend a School Sports Game and Cheer for your Team (Group Activity)				
	10	Lead a Group Yoga or Meditation Session				
	10	Participate or host registry event during a school function/game				
	10	Organize a Healthy Snack Sale at School				
	10	Coordinate a band concert or school performance to be dedicated to the topic of Organ Donation				
	10	Create Posters or Interactive Art Promoting Healthy Living for Display at School				

	Points Per Activity	Chapter Event/Activity*	Total Points	Total Registers	Date Completed	Photo Submitted
<b>MODERATE POINT ACTIVITIES</b>	5	Complete a 5K Run/Walk				
	5	Participate in a Team Sport Practice or Game				
	5	Complete 3 School Announcements (examples in toolkit)				
	5	Begin a Kindness Notes campaign that shares encouragement by leaving notes for peers throughout the school community				
	5	Plan a Class Presentation on a Health Topic or Kindness Matters / Mental Health Awareness				
	5	Organize a Charity Fundraiser (e.g., Bake Sale, Car Wash)				
	5	Implement a Wear Blue and Green Day				
	5	Create and Distribute Spring Wellness Tips (school paper, social media)				
	5	Participate in a Spring or Wellness Themed Photo/Letter Scavenger Hunt (Spell out DONATE LIFE)				
	5	Setup a Cafeteria Information Booth with Donation/Wellness Tips				
	5	Coordinate "What Does a Registered Donor Look Like" (photo with someone holding their license or a *Registered* Poster)				
	5	Write and Share a Personal Story About Kindness, Mental Health Awareness, or Overall Well-Being				

<b>LOW POINT ACTIVITIES</b>	1	Recruit a New Member to Your Club				
	1	Complete a Daily Step Challenge (10,000 steps)				
	1	Do a Random Act of Kindness				
	1	Participate in a School Recycling Program				
	1	Join a Study Group for a Week				
	1	Help a Teacher with Classroom Setup or Cleanup				
	0.5	Get a Friend to Follow School Social Media Page				

*\*Each activity can be counted only once per effort, with a maximum of 5 instances of the same activity.*

<b>TOTALS</b>				
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### CONTACT LAUREN SALYER

✉ [lsalyer@networkforhope.org](mailto:lsalyer@networkforhope.org) ☎ 606-422-4950

**GRAND TOTAL:**