

CHILL-N +
THE KINDEST KID
PRESENT:

THE KINDEST QUEST

2026

NAME: _____

AGE: _____

FAVORITE FLAVOR: _____

CHILL'N LOCATION: _____



START YOUR SUMMER ADVENTURE HERE! 5 KIND ACTS = 1 FREE CUP

Ki BE KIND TO YOURSELF	1 Do something just for you—chill, play, or take a quiet moment to reset.		Po POSITIVE PEP-TALK	2 Write kind words to yourself and post them where you'll see them daily.	
	Gr GRATITUDE TOPPINGS	3 List 3 things you're thankful for—then keep adding like kindness sprinkles.		Ma MADE WITH LOVE	4 Make a card, note, or small gift for someone you care about.
Sp SPEAK KINDNESS	5 Say 5 kind things - your words can totally brighten someone's day.		He HELPING HANDS	6 Help without being asked—carry, clean, or jump in when someone needs it.	
	Ca COMMUNITY CANVAS	7 Create a big, bold sign or chalk message to spread kindness where you live.		Gi GIVING FEELS GOOD	8 Donate something special—or give your time to help someone nearby.
Pl PLANET PROTECTOR	9 Clean up, plant a garden, or turn trash into treasure.		Ri RIPPLE OF KINDNESS	10 Think about how kindness felt—then challenge a friend to start their own swirl.	

1. Complete at least 5 kindness challenges.

2. Snap a pic, make a note or drawing of your kind act

3. Bring your tracker to a participating Chill-N for a FREE cup!

4. Tag us @chilln_icecream + @thekindestkidco for bonus surprises & prizes.