



# MAKE WAVES kindness challenge

Mark off each one when you complete it. When you get them all, you get a Fintastic Friend Certificate!

<p>(hand) Lend a flipper to someone who needs help.</p>  <p>leatherback sea turtle</p>	<p>Keep your school and planet clean by picking up trash.</p>  <p>yellowfin tuna school</p>	<p>Smile at someone who is down.</p>  <p>bottlenose dolphin</p>
<p>Cuddle with a pet or family member.</p>  <p>cuttlefish</p>	<p>Don't be shellfish. Share a treat or toy with someone.</p>  <p>shrimp</p>	<p>Help someone younger than you.</p>  <p>polar bear</p>
<p>Be a whale of a friend and ask how they are doing.</p>  <p>humpback whale</p>	<p>If you're crabby, take a break or a nap.</p>  <p>fiddler crab</p>	<p>Write a note to someone to tell them they're jawsome.</p>  <p>great white shark</p>