



FEBRUARY 13-17, 2023

Our school is proudly participating in The Great Kindness Challenge, a week-long program dedicated to creating a culture of kindness and compassion in communities worldwide.

To help our students practice kindness and put their compassion into action, they will receive a Great Kindness Challenge checklist.

We will encourage all students to complete as many acts of kindness as possible at school and hope they feel inspired to continue them at home!



Together, we will lift each other up, cheer each other on, and show world that **KINDESS MATTERS!**



The Great Kindness Challenge

Weekly Schedule of Activities

MONDAY FEB. 13	TUESDAY FEB. 14	WEDNESDAY FEB. 15	THURSDAY FEB. 16	FRIDAY FEB. 17
<p>SPIRIT DAY: DREAM OF KINDNESS</p> <p>Students may wear pajamas- following school dress code for tag days. If wearing PJ gowns, students must wear leggings/ pants underneath.</p>	<p>SPIRIT DAY: SHINE BRIGHT FOR KINDNESS/LOVE: VALENTINE'S Day Tag Day:</p> <p>Students may wear Valentine's day themed clothing or Bright colors</p>	<p>SPIRIT DAY: TIED TOGETHER BY KINDNESS</p> <p>Students may wear a tie to school with their school uniform.</p>	<p>SPIRIT DAY: NEVER TOO OLD FOR KINDNESS!</p> <p>Students may dress up like an "old person"</p>	<p>Spirit Day: PEACE, LOVE & Kindness</p> <p>Students should wear their Kindness Tye dye T-shirts along with "Hippie" wear attire and accessories.</p>
<p>Kindness Quote</p> <p>Kindness Week Kickoff Distribute GKC Checklist</p> <p>"Random Acts of Kindness" Grade Buddies- they will reach out to during the week to do kind deeds</p> <p>Introduce Charity Event: All Week bring in stuffed animals for Hospital/ Asbury-kindness cards & soft sugar free treats</p> <p>Introduce-Kindness Book Activity</p> <p>GKC Checklist Art: -Puzzle Piece Self Portrait -Wrinkled hearts activity -friendship bracelets -Kindness Cards</p> <p>Spirit Day: Dream of Kindness -PJ day</p>	<p>Kindness Quote at Morning Prayer</p> <p>Service Project Day- Make kindness Cards for Asbury Residents parents, bus driver, etc.</p> <p>Parish Activity-Thank you Banner with Class Photos/ sidewalk chalk kindness messages</p> <p>GKC Checklist Art: -Puzzle Piece Self Portrait -Wrinkled hearts activity -Friendship bracelets -Kindness cards</p> <p>Spirit Day: Shine Bright for Kindness and Love- Wear Bright clothes/ Valentines day Clothing</p>	<p>Kindness Quote at Morning Prayer</p> <p>Joy Journals- Help students create their own Joy Journals where they list "3 Good Things" every day</p> <p>"My Self-Care promise activity -Self-care handout ideas, hygiene, and nutrition info (5th-8)</p> <p>GKC Checklist Activities: -Kindness Cards -Bookmarks -Kindness Clips -bookmarks -posters</p> <p>Spirit Day: Tied Together by Kindness- Wear a tie with school uniform</p>	<p>Kindness Quote at Morning Prayer</p> <p>8th Grade to read Kindness Books to lower grades</p> <p>Kindness Rocks-Paint #OLSSS Kindness rocks and Spread Kindness throughout the community</p> <p>GKC Checklist Activities: -Kindness Cards -Bookmarks -Kindness Clips -bookmarks -posters</p> <p>Spirit Day: Never Too Old For Kindness- Dress up like old person</p>	<p>(1230 dismissal)</p> <p>Kindness Quote at Morning Prayer</p> <p>Lunch Scramble: Students will mix it up at lunch and sit with different group. Conversation Starters available on table</p> <p>Photo Op-Whole school in Tie dye Shirts</p> <p>Kindness Window Activity</p> <p>Kindness Themed Pep Rally- Gladys</p> <p>Spirit Day: Peace, Love, & Kindness (Hippie day, wear Tie dye shirts)</p>



The Great Kindness Challenge®

SCHOOL EDITION

Your Kindness Matters!
We challenge you to complete as many acts of kindness as you can in one week. Have fun and smile big knowing that you are changing the world for good!

Kind Acts

- Smile at 25 people.
- Stick a nice note on your classmate's desk
- Compliment 5 people.
- Pick up 10 pieces of trash around school
- Make a new friend.
- Tell a joke and make someone laugh.
- Be kind to yourself and eat a healthy snack.
- Learn something new about your teacher.
- Draw a nice picture and give it to someone.
- Help a younger student.
- Give a KIND fist bump to greet a classmate.
- Recycle your trash.
- Compliment your friend.
- Pick up trash outside.
- Complete Wrinkled Heart activity and share kindness with a friend
- Entertain someone with a happy dance.
- Make a kind poster for cafeteria helpers.
- Show appreciation to a counselor or teacher.
- Say "good morning" to 15 people.
- Design a thank you for room moms/HSA
- Email a kind message and class picture to our Belize friends.
- Say "thank you" to OLSS safety patrol
- Invite a new friend to play/hang out with you.
- Send a thank you to your secretary
- Offer to help someone at school.
- Sit with a new group of kids at lunch.
- Read a book to a younger child.
- Give an apple or a note to your teacher.
- Step up for someone in need.
- Make and display a "KINDNESS MATTERS" sign.
- Clean up your space/offer to help staff clean up
- Help your PE teacher with the equipment.
- Make a bookmark for a friend.
- Hold the door open for someone.
- Pat yourself on the back.
- Thank a bus driver or carpool driver.
- Write a thank you on a bandage for the nurse.
- Listen to your teacher the first time.
- Whisper "thank you" to the librarian.
- Help someone up if they fall down.
- Lend a pencil to a friend.
- Learn to say "hello" in a new language.
- Bring a flower to the office staff.
- Show appreciation to your principal creatively.
- Help your teacher with a needed task.
- Be on time for school.
- Say "thank you" to a volunteer.
- Give a new friend a high five
- Make a friendship gift for someone new to you.
- Create your own kind deed.

#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)



FREE APP!

