



# The Great Kindness Challenge®

Juan De Anza Elementary School will be participating in The Great Kindness Challenge during the week of **January 27th - 31st**. The Great Kindness Challenge is one week dedicated to creating a culture of kindness on campuses nationwide. Our school is proudly participating in this proactive, positive bullying prevention initiative and hope you can join us too!

Attached to this letter, you will find the daily spirit days with daily kindness themes, and a list of "Challenges." Please encourage your child to perform as many kind deeds as possible.

There are many perks to practicing kindness every day! When children learn to be caring and kind, they also benefit developmentally. Happier, kind kids are more likely to show higher academic achievement. Well-liked children display more positive, less aggressive behaviors when they become teenagers. Being kind also produces endorphins in our brains, making us feel good inside, increasing our sense of well-being and self-worth. So let's get to it!

We want to help students create long-lasting habits of kindness! Here are some excellent empathy and kindness books and videos to review with your family:

- Have You Filled a Bucket Today? by Carol McCloud
- Stand in My Shoes-Kids Learning About Empathy by Bob Sornson
- Kindness is Cooler, Mrs. Ruler by Margerie Cuyler
- Kindness Through Their Eyes  
[www.youtube.com/watch?v=c7YW9cMQrw0&feature=youtu.be](http://www.youtube.com/watch?v=c7YW9cMQrw0&feature=youtu.be)
- Color Your World With Kindness [www.youtube.com/watch?v=rwelE8yyYOU](http://www.youtube.com/watch?v=rwelE8yyYOU)
- Kindness Boomerang [www.youtube.com/watch?v=nwAYpLVyeFU](http://www.youtube.com/watch?v=nwAYpLVyeFU)
- The Science of Kindness [www.youtube.com/watch?v=O9UBByLyOjBM](http://www.youtube.com/watch?v=O9UBByLyOjBM)

Kid President's "Things We Should Say More Often" [www.youtube.com/watch?v=gT\\_xgia1o0](http://www.youtube.com/watch?v=gT_xgia1o0)

Choose   
KINDNESS.