




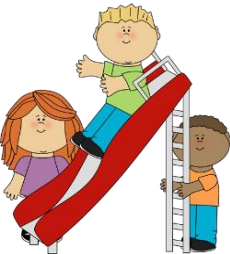






Juan De Anza Elementary School Great Kindness Challenge

January 27 - January 31, 2020

Monday, January 27th	Tuesday, January 28th	Wednesday, January 29th	Thursday, January 30th	Friday, January 31st
<p>Theme: Be Kind to Yourself Today!</p>	<p>Theme: Compliment Day!</p>	<p>Theme: Make a New Friend Day!</p>	<p>Theme: Be an Upstander Day!</p>	<p>Theme: Random Acts of Kindness Day!</p>
<p>Activities:</p> <ul style="list-style-type: none"> Eat a healthy breakfast to start the day off right. Think of 3 things you have done well lately and be proud of yourself.  <ul style="list-style-type: none"> Look in the mirror and give yourself 3 compliments. Ask your family to tell you 5 things they each love about you. 	<p>Activities:</p> <ul style="list-style-type: none"> Give sincere compliments to at least 5 people.  <ul style="list-style-type: none"> Say good morning or hello to 3 people. Smile intentionally throughout the day.  <ul style="list-style-type: none"> Tell someone to have a great day. 	<p>Activities:</p> <ul style="list-style-type: none"> Give 3 people a high five and tell them good job for something.  <ul style="list-style-type: none"> Sit by someone new at lunch. Invite someone new to play with you at recess. 	<p>Activities:</p> <ul style="list-style-type: none"> Words have power: use your words to inspire or bring joy to someone. Put-up a Put-down: No Name Calling.  <ul style="list-style-type: none"> Stand up for someone being teased. Be a Good Sport. 	<p>Activities:</p> <ul style="list-style-type: none"> Write a thank you note to someone who has done something nice for you.  <ul style="list-style-type: none"> Give someone in your family a hug.  <ul style="list-style-type: none"> Show your school spirit and wear Anza gear to school!

