



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!





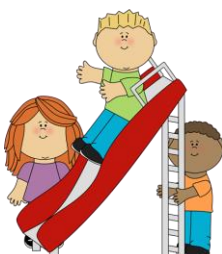




We want to help students create long-lasting habits of kindness! Here are some excellent empathy and kindness books and videos to review with your family:

- ★ 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=c7YW9cMQrwO&feature=youtu.be
- ★ Color Your World With Kindness www.youtube.com/watch?v=rwelE8yyYOU
- ★ Kindness Boomerang www.youtube.com/watch?v=nwAYpLVyeFU
- ★ The Science of Kindness www.youtube.com/watch?v=09UByLyOjBM
- ★ Kid President’s “Things We Should Say More Often” www.youtube.com/watch?v=gT__xgia1o0

Choose 
KINDNESS.

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
Theme: Be Kind to Yourself Today!	Theme: Compliment Day!	Theme: Make a New Friend Day!	Theme: Be an Upstander Day!	Theme: Random Acts of Kindness Day!
<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. <p style="font-size: 2em; text-align: center;">123</p> <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!

For GAMES: <http://awesomeupstander.com/>
 More INFO: <http://www.randomactsofkindness.org/>