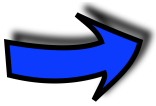
WEEK 1 Kindness Challenge

Daily Challenge 1 . . . Monday 3/2 (Dr. Suess My Many Colored Days)

Smile at people you pass by today.

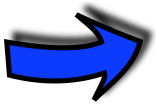


Think about it:

A smile can brighten someone's day. Try to smile at 5 people you do not know today.

Daily Challenge 2 . . . Tuesday 3/3 (Dr. Suess Fox in Socks)

Give someone a compliment today

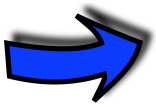


Think about it:

A nice compliment might encourage someone today and show them you appreciate and notice them. Try to say something nice you notice about 3 people today.

Daily Challenge 3 . . . Wednesday ¾ (Dr. Suess Oh the Places You'll Go - Picture Day)

Do something nice for someone today

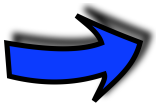


Think about it:

Doing something puts action into our words. You are not just thinking about the other person but you are willing to spend time doing something kind.

Daily Challenge 4 . . . Thursday 3/5 (Dr. Suess Fox The Sleep Book & Hop on Pop!)

Be a problem solver today.



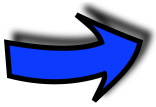
Think about it:

Try to stop and solve a problem instead of making it bigger. Try to let it go, try to find a solution that will end the disagreement. Try to compromise and share. Or try to find something in common that you can agree on.

WEEK 2

Daily Challenge 5 . . . Monday 3/9

Say "Thank You" to someone today

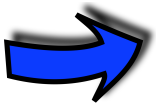


Think about it:

Saying "Thank you" tells someone you appreciate them and what they have done for you. It tells people you are thankful for their help.

Daily Challenge 6 . . .Tuesday 3/10

Encourage someone today by learning their name or telling them what their best qualities are

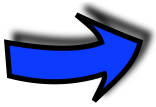


Think about it:

Learning someone's name makes them feel recognized, that they belong and that you know them. You can also make someone feel good when you tell them what you like about them, what you think they are good at, what you see as their best quality.

Daily Challenge 7 . . . Wednesday 3/11 (early release @ 12:30)

Hold the door open for someone today



Think about it:

Holding the door open for someone is polite. It also means you are letting them go first and you are doing something for them.

WEEK 3

Daily Challenge 8 . . .Monday 3/16

Invite someone to join you at lunch or recess

Think about it:

Asking someone new to sit or play with you makes them feel like they are welcomed and they belong.

Daily Challenge 9 . . . Tuesday 3/17

Say "I'm Sorry" and ask for forgiveness.

Think about it:

When you ask for forgiveness you are telling someone you are sorry for your mistake. You want to make things better.

Daily Challenge 10 . . . Wednesday 3/18

Help pick up trash that you did not throw

Think about it:

Picking up trash helps make our school beautiful. It means you care about our school and you want to help take care of it. Try to pick up at least 3 pieces of trash.

Daily Challenge 11 . . . Thursday 3/19

Share or spend time with a friend today

Think about it:

Sharing makes people feel good. It means you are thinking of them. You can share a story or a ball, a good laugh together or share a good time together.

Daily Challenge 12 . . . Friday 3/20

Forgive someone for a mistake

Think about it:

Forgiveness is a gift of kindness to tell someone you are not angry with them for the mistake they made. Try to forgive a mistake today.

WEEK 4

Daily Challenge 13 . . . Monday 3/23

Tell someone something they are good at.

Think about it:

Saying something encouraging makes people feel good about themselves. It tells them you noticed something good about them.

Daily Challenge 14 . . . Tuesday 3/24

Ask someone how their day is going today

Think about it:

When you are interested in how a person is doing it makes them feel important and that you care about them.

Daily Challenge 15 . . . Wednesday 3/25

Write a kind note today. It can be to anyone

Think about it:

Writing someone a nice note is the same as giving them a compliment except now they can keep the note as a reminder that someone thought of them today.

Daily Challenge 16 . . . Thursday 3/26

Talk to someone that seems sad or lonely

Think about it:

Sometimes talking to someone can help cheer them up because it takes their mind off of what was making them sad.

Daily Challenge 17 . . . Friday 3/27

Tell a joke to someone today

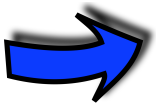
Think about it:

Telling a joke might make someone laugh and this will make them feel happy.

WEEK 5

Daily Challenge 18 . . . Monday 3/30

Let someone go ahead of you in line

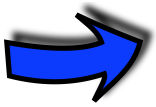


Think about it:

It makes people feel good when you let them go first. It tells them you are thinking of them more than of yourself.

Daily Challenge 19 . . . Tuesday 3/31

Be helpful today

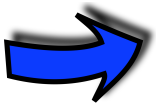


Think about it:

You can help clean up a mess you didn't make or you can help someone who looks like they may need help. Being helpful shows people you care about them and it is one way to be kind.

Daily Challenge 20 . . . Wednesday 4/1

Say something nice and stick up for someone today

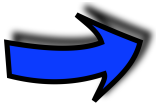


Think about it:

When you hear or see someone being mean stick up for the person who is being picked on. Stand up for someone who is not being treated right. Be strong and show kindness when someone is being mean.

Daily Challenge 21 . . . Thursday 4/2

Give someone a high five today

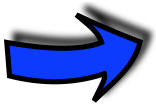


Think about it:

A high five can mean so many things. It can say "hello" or it can mean "great job." A high five can also say "I agree with you." Give someone an encouragement today with a high five.

Daily Challenge 22 . . . Friday 4/3

Do a random act of kindness today



Think about it:

Kindness should be shared everyday with everyone. Doing a random act of kindness shows people you are kind and that you are thinking of others, that you are not selfish. Show someone how much you appreciate them today.