



Anti- Bullying Week

&

Kindness Challenge

Nov. 13- Nov. 17, 2023



Monday-World Kindness Day

- **Orange You Glad You're Not a Bully - Wear Orange**
- **Challenge-** Do one small good deed. (open the door for someone, pick up something they dropped, or help someone carry something)

Tuesday

- **Challenge-** Ask someone who is sitting alone, or someone who is new to your school to sit with you at lunch.

Wednesday

- **All Black Out Day- Wear all black to black out Bullying**
- **Challenge-** Say hello to someone you have never met and ask them what their name is.

Thursday

- **Challenge-** Tell your teacher thank you at the end of class. Be specific.

Friday

- **All White Out Day- Wear white- Fix your mistakes**
- **Challenge-** Find someone who you owe an apology to and ask for forgiveness.