

## Give to Yourself



"Anyone who's interested in making change in the world also has to learn how to take care of herself, himself, themselves."

- Angela Davis

### Take Action!

- Take a break if you need one and go for a walk outside.
- Write down 3 compliments to yourself.
- Get some extra sleep.

## Give to Family



"Families are like branches on a tree. We grow in different directions, yet our roots remain the same."

- Anonymous

### Take Action!

- Do a chore that's not yours around the house.
- Play a game with a sibling.
- Call a grandparent or family member who doesn't live in your house.

## Give to a Friend



"Anything is possible when you have the right people there to support you."

- Misty Copeland

### Take Action!

- Tell a friend something you appreciate about them.
- Celebrate a friend's accomplishment.
- Reach out to a friend you've lost touch with.

## Give to the Environment



"What you do makes a difference, and you have to decide what kind of difference you want to make."

- Jane Goodall

### Take Action!

- Plant a tree or flower.
- Pick up trash in your neighborhood.
- Learn about and/or spread the word about an organization working to solve an environmental issue.

## Freestyle!



"Tip the world toward kindness."

- Dr. Vivek Murthy

### Take Action!

- Write a thank-you note to someone who supports you.
- YOU CHOOSE!



# KINDNESS WEEK

Class Projects

## Celebrate Someone in Your School Community

As a class, pick a person(s) who has gone above and beyond to make school a great place this year. Find a way to do something kind for that person to make their day or their week!

## Spread Kindness to a Classroom

Is there a classroom you could safely do something kind for this week? See if you can spread a ripple of kindness to another classroom and challenge them to do the same for another classroom in your school.

## Make a Kindness Bulletin Board

Over the course of the week, have students record kind acts they completed. Use post-it notes or get creative and use cutouts of hearts or hands or something else fun!

Tag us on social media so we can spread kindness and share what you're doing!