February

**BE KIND**

Kindness Challenge

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February

**BE KIND**

Kindness Challenge

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| Sit with someone new at lunch | Pick up 3 things off the floor | Thank someone who did something for you | Smile at 5 people | Let someone in front of you in the lunch line |
| Ask someone to join your game at recess | Compliment a classmate | Write a kind note to a teacher | Turn off the lights when leaving a room | Share part of your lunch or snack |
| Give someone a high five | Say ‘good morning’ or ‘hi’ to 5 people | Stop by and say hello to an old teacher | Write a letter or email to a friend or relative | Thank the custodian for his hard work around the school |
| Congratulate someone when they do something great in class | Draw a picture for someone | Be an upstander—stand up when you see something unkind | Thank the lunch ladies for their hard work every day | Offer to help your teacher or a classmate in need |