

Sixth Grade Activities

Activity 1: Kid President

Watch this video by Kid President on 20 things we should say more often.

<https://youtu.be/m5yCOSHeYn4>

Challenge yourself a few times each week to use a couple of the sayings that Kid President shared in the video. See if you can use all 20 before we start back to school!

Activity 2: Kindness

Watch the video titled Color Your World With Kindness

<https://youtu.be/rwelE8yyY0U>

Find someone at home to watch this video with you. Talk about how the random acts of kindness made you feel. Have you ever done a random act of kindness? How did that make you feel and how did the other person respond? Explain the ripple effect of just one act of kindness.

Activity 3: Train Your Brain to Stay Positive

Thanks to *neuroplasticity*, it's possible for you to rewire your brain for positivity so that you see more opportunities in life to be happier and more grateful. Download the [poster](#) and print it (or just view it if you do not have a printer). Hang this poster up in your living

room, kitchen, or anywhere else everyone can see it. Every morning have each family member choose a new activity from the poster. Have a quick check-in in the evening to make sure everyone completed their daily activity.