

Be Kind Week

During the week of February 12th-16th we will celebrate performing acts of Kindness! As Griffith Eagles, we know how to be kind to others, but we want to work extra hard on these days to be a person of **Exemplary Character!!**

Thank you for your continued support.

Monday: Happy Valentine's Day! **Show yourself some love!**

*Take a mindful breath *Drink plenty of water *Pat yourself on the back
*Celebrate something new you have learned *Exercise for 30 minutes *Go for a walk outside

Tuesday: **Be Kind to your Family**

*Leave a family member a sweet note to find *Ask someone about their day *Find a job that needs to be done and do it! *Give someone a hug *Tell your parents how much you appreciate them *Read to your brother or sister--Look for compliments and other kindness ideas on the "tear-off" sheets around the school!

Wednesday: **"Kindness that Sticks"**

*Write a sweet note and put it in a book or a special place for someone else to find. The object of the activity is to deliver your act of kindness without being caught. (Teachers will provide sticky notes)

Thursday: **Be Kind to Classmates**

*Give a classmate a high five *Say good morning to 5 classmates *Invite a classmate to play with you at lunch or recess *Thank a classmate for their KINDNESS today.

Friday: **Be Kind in the Community**

*Recycle *Take treats or a card to fire or police station *Thank the mailman *Clean your yard *Help a neighbor in need *Donate something you don't use *Hold the door open for someone *Be kind to others all the time, everywhere you go

