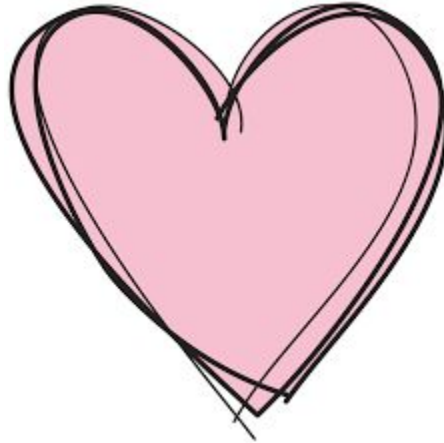


21 Days of Kindness: The Physically-Distanced Edition



By Morgane Michael

Press **“Present”** to view this slideshow in fullscreen. Click on the “buttons” on each slide for links and instructions.

Dear Parents and Educators,

Together, we have done something that felt impossible to comprehend. We have brought in-class learning into the online realm and we have done so through partnerships. It hasn't been perfect. There is no supplement for face-to-face, human-to-human learning; however, what we have done in such a short period of time, is nothing short of remarkable.

Whether you continue your teaching and learning online, or whether you find yourself needing to adapt and plan for a new, physically-distanced reality in the classroom and Essential Service Worker Care Centres, we need to find a way to work together once again to create proximity within the context of distancing.

So, I've redesigned the [21-day Kindness Challenge](#) into something that parents can do at home with their children or that teachers and ESW Care Workers can do with their students to reinforce a sense of belonging, purpose, altruism, and connection to our common humanity.

As disconnected as some of us may be feeling right now from one another, the only way to nurture our sense of belonging and ensure our overall well-being, is through our social connection to one another.

So, my goal in sharing this document is to provide 21 easy, physically-distanced activities that promote kindness to other, kindness to self, kindness to the environment, and kindness to animals for parents, teachers, and children to fulfill in order to feel more socially connected during this tough time as we move into new normals in education.

Sincerely, Morgane Michael (KindSight 101 Podcast Host and Grade One Educator in British Columbia, Canada)

7 Ways to Be Kind to Yourself

Listen to a Calming Podcast, meditate or make a list of things that help you feel calm

Do a 7-day Gratitude Challenge: Write down 3 good things from each day

Make a list of things that make you smile. Make it your mission to smile today.

Have a dance party

On a 1x1 inch square of paper, write down the names of 3-5 people who matter most to you. Reach out to each one this week.



Write down or name 3 things you're really good at and do one of those things

Find a way to move your body, outside in nature today.

7 Ways to Be Kind to Others

Write a kind email to someone or a letter

With chalk, write an encouraging note on your sidewalk or school yard

Send 5 friendly check-in texts, videos, or messages to friends

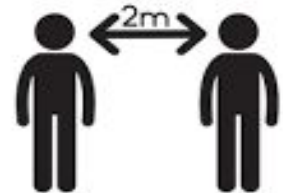
Call a friend or family member and tell them what they mean to you

Sit outside on the sidewalk (in a safe way) and spend some time waving and smiling at people as they walk or drive by



Record a special video for an elderly or immune-compromised person in your life

Go out of your way to do something nice for someone that you live with



7 Ways to Be Kind to the World

Learn about the kindness of trees

Find a way to support a local business

Help your local environment by removing some invasive plant species

Make a video or poster reminding people how they can stay safe during the Covid-19 pandemic

Raise money for a local animal shelter



Set-up a drive-by Free Jokes Stand

Make a birdfeeder out of recycled items

