



# Kindness Week

February 10-15



## Monday: Words of Affirmation Challenge #1

Use kind words of affirmation with 3 or more other people you see today. It could be a family member, friend, teacher, grocery store worker, or anyone else. Set aside a few minutes daily where each person gives a positive word or phrase to another family member.

## Tuesday: Quality Time Challenge #2

Spend 30 minutes of quality time with yourself or someone you love today after school. Have a family game night, movie or show night, cook or bake something as a family, enjoy story time, crafts, exercise, or even some yard work together.

## Wednesday: Acts of Service Challenge #3

Do another act of service for someone when you get home! Cook a meal for the family, organize a shared space, help each other with chores, plan a relaxation evening, do a surprise improvement project, or care for a pet together.

## Thursday: Gift Giving Challenge #4

Deliver the gift you made today in class to the person you made it for. Talk about how giving someone a gift made you feel.

Dedicate an evening to creating homemade gifts for each other, create a family shared photo album, playlist, or video.



## Friday: Kindness Day (Half Day) various walking trips Challenge #5:

Create a family "Compliment Jar". Place a jar in a common area. Family members can write positive affirmations or compliments about each other on small pieces of paper and drop them in the jar.