



random acts of
Kindness



FEBRUARY 11–17, 2024

**SHINE
MONDAY**

THEME:

What impact has shining kindness had on you or others?

ACTIVITIES:

- Wear neon, glittery or sparkly clothes to show “kindness shines”.
- Spread kindness by writing kindness messages that can be posted throughout the building or swapped with another classroom.

DISCUSSIONS:

- What types of things could you do to show kindness to others?
- How do you think it might impact them?
- How has someone showing you kindness impacted you?

**INSPIRE
TUESDAY**

THEME:

What can you do to find ways to inspire others to be kind?

ACTIVITIES:

- Dress as the staff member or student who inspires you to be kind.
- Have inspiring music playing throughout the day.

DISCUSSIONS:

- What is a mindset and how do you shift to one that is positive?
- Can someone learn to be kind? Why or why not?
- How can kindness change the world?

**EMPOWER
WEDNESDAY**

THEME:

How do we empower and celebrate differences?

ACTIVITIES:

- Wear mismatched patterns to celebrate differences.
- Sit with different people at lunch or during a class activity to get to know them better.

DISCUSSIONS:

- What does it mean to put yourself in someone else’s shoes?
- How can you “agree to disagree” using empathy?
- How could you be more inclusive at school and in your community?

**ACT IT OUT
THURSDAY**

THEME:

What things could you do to show kindness, big or small?

ACTIVITIES:

- Dress up as an advocate for a cause you care about or dress to support that cause.
- Participate in a kindness project at your school.

DISCUSSIONS:

- What are things you can get involved in to help your school/ community?
- What are some impacts outside of advocacy, that your participation in a community cause could be?

**FOCUS
FRIDAY**

THEME:

How can you keep kindness as a focus for the future?

ACTIVITIES:

- Dress up as someone who has made a positive impact on the world.
- Showcase student future goals for positively impacting the world.

DISCUSSIONS:

- How can showing up as your best self to school everyday impact your future?
- How can your future self be impacted by your current decisions?
- What makes something a positive impact?