



The Great Kindness Challenge

Week of January 29th through February 2nd, 2024

MONDAY

Morning kindness quote:

"Choose to be kind over being right and you'll be right every time."
(Richard Carlson)

Distribute GKC Checklists

Recess/lunch: Kindness Station with Johanna, PSW

TUESDAY

Morning kindness quote:

"Be kind whenever possible. It is always possible." (Dalai Lama)

SPIRIT DAY:

Dream of Kindness
– Wear your pajamas to school

Work on checklists
– Continue kind acts

WEDNESDAY

Morning kindness quote:

"A smile is the beginning of peace." (Mother Teresa)

SPIRIT DAY:

Crazy for Kindness
– Wacky hair day

Recess/lunch: Kindness Station with Johanna, PSW

THURSDAY

Morning kindness quote:

"Just one act of kindness that you perform, may turn the tide of another person's life."
(Unknown)

SPIRIT DAY:

Retro Kindness – 80's day

Work on checklists
– Continue kind acts

FRIDAY

Morning kindness quote:

"Let today be a day to let Kindness rule all your actions."
(Jonathan Lockwood Hui)

SPIRIT DAY:

Team Up for Kindness - Dress in your sports gear or favorite team sport

Recess/lunch: Kindness Station with Johanna, PSW

GKC Wrap Up: Checklists due to PSW