HIGHLIGHT CHALLENGE

THIS WEEK WE WILL HIGHLIGHT KINDNESS

YOUR CHALLENGE IS TO PERFORM A RANDOM ACT OF KINDNESS.



Drop off cookies at the police station.

Write a thank you letter to your teacher.

Bring some flowers to your neighbor.

Donate dog food to an animal shelter.

Make a sign thanking your mailman.



There are so many ways to be kind. Choose to do something kind today!

Extra credit:

Paint some kindness rocks and place them around your neighborhood.



For more kindness activities visit these sites:

Sesame Street - Caring

PBS: Kindness in the Classroom

