








# Kindness Week: A Celebration of Kindness

January 25-29, 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>PEACE day</b></p> <p><b>"Peace, Love, and Kindness":</b> Wear your most PEACEful and comfortable pajamas</p> <p><b>Activity:</b> Call or facetime a family member you haven't seen due to COVID.</p>	<p><b>Crazy Hair/Hat / Headband day</b></p> <p><b>Double your acts of Kindness today:</b> Wear your craziest hair, hat or headband</p> <p><b>Activity:</b> Help out a family member (do an extra chore, make them dinner, etc)</p>	<p><b>Team Work makes the Dream Work</b></p> <p><b>Work together to be kind:</b> Wear a team Jersey shirt or sweatshirt</p> <p><b>Activity:</b> Pay it forward. Do a kind act for someone else.</p>	<p><b>Compliment Day</b></p> <p><b>Tied together by kindness:</b> Wear your favorite high school or college gear</p> <p><b>Activity:</b> Write a letter or email of appreciation to a teacher or staff member .</p>	<p><b>Show your Shine</b></p> <p><b>Kindness Shines:</b> Wear Valley colors/spirit wear to show your school spirit.</p> <p><b>Activity:</b> If you haven't already, listen to a linked playlist. Share your favorite song with a friend!</p>

**Weekly Challenge:** Fill out the [google form](#) showing that you did each of the daily activities

Kindness Week Playlist:

Spotify: <https://open.spotify.com/playlist/2bPHY0PLj54iG436l19LVv>

Pandora: <https://pandora.app.link/q9lXitJ5cdb>

Youtube: <https://youtube.com/playlist?list=PLhw-FR4tn1vnL0gHQaNXTrYJIERfnSl5p>

Find additional ideas and resources at:

[Thegreatkindnesschallenge.com](http://Thegreatkindnesschallenge.com)

[awesomeupstander.com](http://awesomeupstander.com)

[Randomactsofkindness.org](http://Randomactsofkindness.org)

<https://forms.gle/ihGrDS16BGm3SYdG7> (Google form for kindness week reflection)