

# THE GREAT KINDNESS CHALLENGE

Kensington 2018



## **MONDAY (1/22):**

### **GOOD MORNING MONDAY**

- Say "Hello" to 5 people today
- Teachers pass out Challenge Sheets

## **TUESDAY (1/23):**

### **TALK TO SOMEONE NEW TUESDAY**

- Talk to someone you don't usually talk to at school today

## **WEDNESDAY (1/24):**

### **KIND WORD WEDNESDAY**

- Compliment 5 people today

## **THURSDAY (1/25):**

### **THANKFUL THURSDAY**

- Say "Thank You" to someone who has helped you

## **FRIDAY (1/26):**

### **DON'T FORGET ABOUT YOU FRIDAY**

- Do something to take care of your emotional or physical health today
- What do you do to stay healthy?
  - Give yourself a pat on the back
  - Get enough sleep and eat healthy food

"A single act of kindness throws out roots in all directions and the roots spring up and make new trees." -Amelia Earhart