


Kindness Week #2 Ideas

November 13th – November 18th, 2023

Theme: Self- Regulation and Self Awareness

Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17
<u>Dress Up:</u>	<u>Dress Up:</u>	<u>Dress Up:</u>	<u>Dress Up:</u>	<u>Dress Up:</u>
	<ul style="list-style-type: none"> • Whiteout negative thoughts – wear white. 	<ul style="list-style-type: none"> • College Wear 	<ul style="list-style-type: none"> • Club T-shirts 	<ul style="list-style-type: none"> • Tie Dye – wide range of emotions, it’s okay to express them.
<u>Activity:</u>	<u>Activity:</u>	<u>Activity:</u>	<u>Activity:</u>	<u>Activity:</u>
<ul style="list-style-type: none"> • Mindful Monday: pick one of the activities from the link to do with your class. <p>https://www.waterford.org/resources/mindfulness-activities-for-kids/</p> <p style="text-align: center;">(1st period)</p>	<ul style="list-style-type: none"> • Treat yourself Tuesday: Treat yourself to a snack to refuel your brain. 	<ul style="list-style-type: none"> • Make a list of things you are thankful for! (Lang. Arts – Padlet) <p>https://padlet.com/danielaramirez32/thankful-thursday-make-a-list-of-things-you-are-thankful-for-htt3875e7xmlxiv</p> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Thankful Bracelets during both Lunches! 	<ul style="list-style-type: none"> • Thankful Thursday: Write a Thankful Graham for a friend or staff member during both lunches. 	<ul style="list-style-type: none"> • Free to be ME Friday: Make a list of all the things you love about yourself! Show ASB/ PLUS during lunch for a prize! <p style="text-align: center;">(4th period)</p>