



## Monday

### Be KIND to Yourself

- Eat a healthy snack
- Drink water
- Congratulate yourself for something you achieved
- Right a wrong

## Tuesday

### Be KIND to Parents

- Tell them you love them
- Make them a card
- Complete a chore without being asked to do so
- Share a snack with them

## Wednesday

### Be KIND to Teachers

- Send them an email letting them know how special they are
- Turn your camera and mic on and wish them a wonderful day
- Offer to help them during a lesson

## Thursday

### Be KIND to Friends

- Reach out to a friend, call, text, email, or FaceTime to say hello and let them know how special they are
- Extend an invitation to someone to make a new friend

## Friday

### Be KIND to Classmates

- Give a classmate a thumbs up
- Tell a classmate how amazing they are
- Compliment a classmate
- Thank a classmate for their KINDNESS