



# Brookhaven Elementary The Great Kindness Challenge

Weekly Schedule of Activities: January 23 - 27, 2023

## MONDAY

### Be Kind to Yourself:

**Quote:** "Let today be a day to let kindness rule all your actions." (Jonathan Lockwood Hui)

**Wear a "Kindness" Shirt to show you are kind to yourself**  
Wear a shirt with a kind message.

#### Suggested Kind Acts:

- Eat a healthy snack
- Pat yourself on the back
- Go outside and get some exercise
- Read a book
- Write a kind note to yourself

## TUESDAY

### Be Kind to Your School:

**Quote:** "A warm smile is the universal language of kindness." (William Arthur Ward)

**Kind messages to school staff**  
Write a note to your teacher or other school staff (supplies available during lunch).  
Hosted by:  
Girl Scout Troops 7201 & 9205

### Pep Rally @ 9:30

#### Suggested Kind Acts:

- Pick up 10 pieces of trash on campus
- Learn something new about your teacher
- Help a younger student
- Design a thank you for the PTA

## WEDNESDAY

### Be Kind to Your Community:

**Quote:** "No act of kindness, no matter how small, is ever wasted." (Aesop)

**"Team Up" and perform Random Acts of Kindness**  
Wear your favorite sports jersey and use the "Great Kindness Challenge" checklist to perform acts of kindness.

Hosted by: Student Council

#### Suggested Kind Acts:

- Compliment 5 people
- Pick up trash outside your school
- Hold open the door for someone
- Make and display a "kindness matters" sign

## THURSDAY

### Be Kind to Your Family:

**Quote:** "When words are both true and kind they can change our world." (Buddha)

**Kind messages to friends & family**  
Write a kind note or tell a family member why you appreciate them (supplies available during lunch).

#### Suggested Kind Acts:

- Tell a joke and make someone laugh
- Read a book or play a board game with a sibling or parent
- Do an extra chore at home
- Hug your family and say 'thank you'

## FRIDAY

### Be Kind to Your Friends:

**Quote:** "Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness." (Leo Tolstoy)

Create a bookmark for your friend (supplies available during lunch)

#### Suggested Kind Acts:

- Slip a nice note in your friend's backpack or desk
- Make a new friend
- Teach your friends a new game
- Sit with a new group of kids at lunch
- Invite a new friend to play with you