



Dear Parent/Guardian,

On Monday, January 28<sup>th</sup>, 2019, we will kick off the week with The **Great Kindness Challenge Checklist** featured on the reverse side. All of our students will receive this attached checklist on Monday morning of “50 Kind Acts”. Students will show the world that KINDNESS MATTERS!!!

The “Great Kindness Challenge” is one week devoted to completing as many acts of kindness as you can. The ultimate goal is to continue performing kind acts at school, at home, in the community and globally as we work to create a kinder world.

This week, we have been preparing for the challenge. All student’s came together to place their hand print on a blank canvas to represent our wonderful world and help them understand they have a “hand” in creating peace, love, positivity and kindness throughout the world. This activity promoted unity throughout the building and showed the students they have the power to change the world!! Our Kindness Ambassadors worked on creating a week of fun filled activities such as:

- Recess Stations- Designing Snowmen for Seniors, Kindness Tree, Kindness Bookmarks for a Friend, Bucket Filling Notes, Kindness Mazes as well as other kind activities.
- Students will read kindness quotes during morning announcements.
- Different Themed Days including dress up fun (no need to purchase anything)
- Kindness Reflection- Students will reflect during and after their participation through letter writing, discussion ideas and fun activities.

With Kindness,

Mrs. Nancy Bonner  
*Principal*

Mrs. Melissa Lipson  
*School Counselor*



# The Great Kindness Challenge

## SCHOOL EDITION

We challenge you to perform as many kind deeds as you can in one week. Using the checklist below, check off your acts as you go. Have fun!

Kindly presented by



## The Challenges

- Smile at 25 People
- Slip a Nice Note in Your Friend's Backpack
- Compliment 5 People
- State all of Kelso's Choices to a Friend
- Make a New Friend
- Tell a Joke and Make Someone Laugh
- Be Kind to Yourself and Eat a Healthy Snack
- Learn Something New about Your Teacher
- Draw a Picture and Give It to Someone
- Tell a Friend 2 Ways They Can "Fill A Bucket"
- Give a KIND Handshake to Greet a Classmate
- Recycle Your Trash
- High Five Your Friend
- Pick Up Trash Around Your Desk
- Cut Out 10 Hearts & Give Them to Friends
- Entertain Someone with a Joke
- Make a Kind Poster and Hang It Outside Your Classroom
- Write a Kind Note to Any Staff Member
- Say "Good Morning" to 15 People
- Design a Thank You Card For Our PTA
- Make a Wish for a Child in another Country
- Say "Thank You" to Our Crossing Guard
- Invite a New Friend to Play/Hang Out with You
- Stand Up For A Friend
- Offer to Help Your Teacher
- Sit with a New Group of Kids at Lunch
- Invite Others To Play During Recess
- Hug Yourself and say "I LOVE YOU"
- Step Up for Someone in Need
- Make and Display a "Kindness Matters" Sign
- Offer to Carry Your Friend's Books
- Say 5 Positive Things About Yourself In The Mirror
- Make a Bookmark for a Friend
- Hold the Door Open for Someone
- Pat Yourself on the Back
- Thank Your Bus Driver
- Write a Thank You on a Band-Aid for the Nurse
- Listen to Your Teacher the First Time Directions Are Given
- Be Kind To Yourself
- Help Someone Up If They Fall Down
- Lend a Pencil to a Friend
- Learn to Say "Hello" in a New Language
- Tell A Friend What Makes You Happy
- Show Appreciation to Your Principal Creatively
- Help Your Teacher with a Needed Task
- Be on Time for School
- Say "Please" and "Thank You"
- Make a Friendship Gift for Someone
- Design a Snowman for A Senior During Recess
- Create Your Own Kind Deed



### A Kids for Peace Experience

KidsforPeaceGlobal.org  
GreatKindnessChallenge.org

FREE APP!



(Your Name Here)

**SPIRIT WEEK**  
**"GREAT KINDNESS CHALLENGE"**  
**(MILLER & HIGHVIEW)**

January 28<sup>th</sup>, 2019 - February 1<sup>st</sup>, 2019

MONDAY - "Let's get Excited for Peace, Love & Friendship"



Wear tie-dye or bright colors. Bring your towel & sunglasses to kick off the "Great Kindness Challenge" with a picnic lunch in the cafeteria.

TUESDAY - "Team Up For Kindness"



Wear your favorite sports clothing or colors.

WEDNESDAY - We Dream about Kindness



Wear your favorite comfy & cozy clothing/fleece bottoms.

THURSDAY - Positivi"TEE" Day with "KELSO"



Wear a tee-shirt that displays positive messages, green for KELSO or white for friendship.

FRIDAY - "We go for the Gold"



Wear Nanuet clothing or black/gold to show your spirit.





**HIGHVIEW SCHOOL  
PRESENTS:  
"CANS FOR KINDNESS"  
FRIDAY, FEBRUARY 1ST**



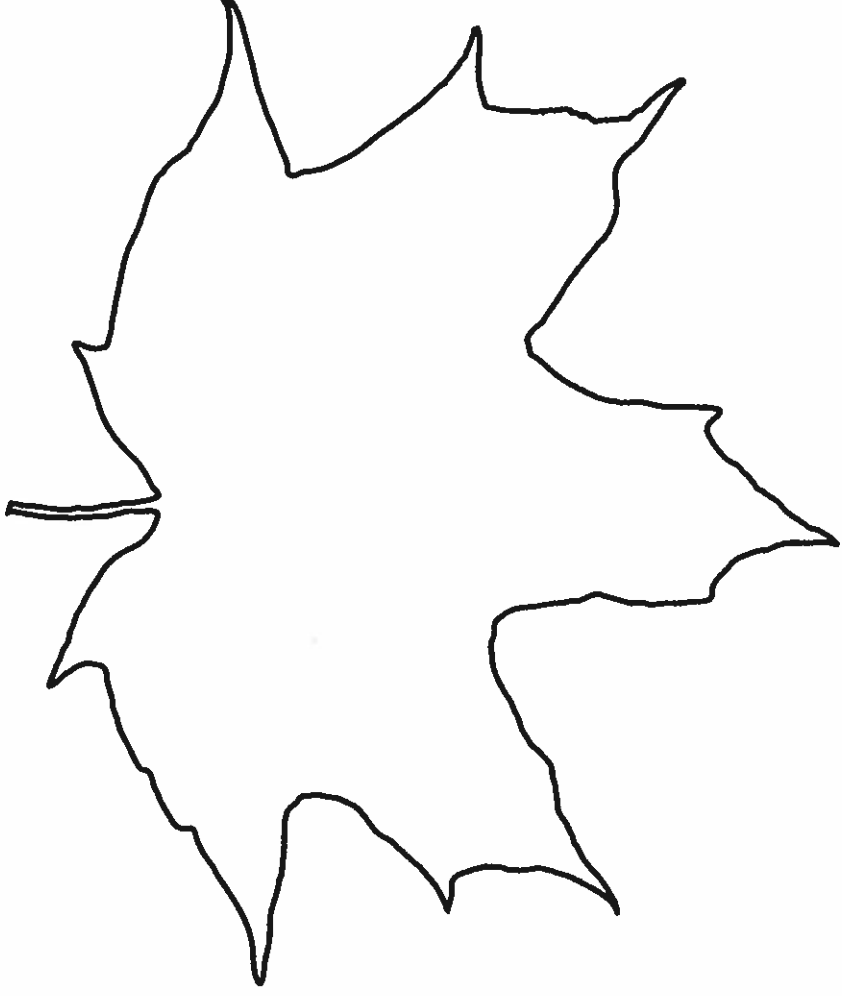
Bring in a can of soup to be donated to People to People  
Wear Nanuet Spirit Gear or black/gold to show your school spirit

## Word of the Month

# January: KINDNESS

Kindness means you care about other people and their feelings, treat people with respect, and help someone in need. Kindness means waiting your turn, sharing and using good manners and being a Bucket Filler.

*"Kindness is making someone's day a little brighter."*



**Directions:** Inside the leaf the children write an example of how they have displayed Kindness. Or, a parent can write an example of how you have seen your child display kindness. Answers can be actions seen at home, at school or anywhere else.

\*Cut out leaf and return to school with name and class code on the back.\*