

# Kindness Week 2023

## Calendar of Events

Monday November 20	Tuesday November 21	Wednesday November 22	Thursday November 23	Friday November 24
<p>Hats off to Kindness</p> <ul style="list-style-type: none"><li>• Hat day</li></ul> <p>Challenge: Anonymous Deed Monday - Do something nice for someone without telling them</p>	<p>"You Are Not Alone"</p> <ul style="list-style-type: none"><li>• Twin Day! Show a united front by wearing the same accessories as a friend (or two!)</li></ul> <p>Challenge: Love the earth Tuesday - Do a good deed for the Earth like pick up trash, water flowers, plant a tree</p>	<p>"Team Up" against bullying</p> <ul style="list-style-type: none"><li>• Wear your favourite team jersey to school</li></ul> <p>Challenge: Caring Words Wednesday - Tell someone something nice about them</p>	<p>Kindness "ties" us Together</p> <ul style="list-style-type: none"><li>• Wear any kind of tie</li></ul> <p>Challenge: Helpful Thursday - Help someone out whether its a friend, family or someone less fortunate</p>	<p>"Put Bullying to Rest"</p> <ul style="list-style-type: none"><li>• Pajama Day!</li></ul> <p>Challenge: Self-care Friday - Be kind to yourself and do something you enjoy!</p>

### Some other exciting happenings:

- **Smile Cookie Grams** on sale \$2 to send your friend a sweet treat & special message to put a smile on their face (all proceeds will be donated to anti-bullying campaign)
- **Circle of Friends class visits** - Spirit Council will be by your class to read a book and share anti-bullying messages and a special activity