

East Sandy Elementary Blue Ribbon Week

Anti-Bullying Week February 19-22

In a
WORLD
where you can be
anything
BE KIND

Mrs. ADK

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| Tuesday 19 | Kick off Assembly - Sign the Pledge & Do a Random Act of Kindness! |
| Wednesday 20 | PJ Day - Wear your PJ's because being Kind makes everyone more comfortable! Do a Random Act of Kindness! |
| Thursday 21 | Hat Day - Wear your favorite hat to help you remember that everyone is different. Do a Random Act of Kindness! |
| Friday 22 | Blue Day - Wear Blue to remember to BE KIND all of the time. Do a Random Act of Kindness! |

Every day this week we are encouraging you to do a random act of kindness. There is a list on the back of this paper. Your teacher has a treat for you if you do your Random Act of Kindness each day.

Random Acts of Kindness

1. Hold the door open for the person behind you.
2. Let a classmate go in front of you in line.
3. Hold the water fountain for someone else.
4. Give a friend a pencil.
5. Tell someone you are happy to see them.
6. Give your teacher a compliment.
7. Give the principal a compliment.
8. Read a book to a friend or younger student.
9. Be ready when the teacher starts class.
10. Say hi to someone you don't know.
11. Talk to someone who doesn't have a lot of friends.
12. Invite someone new to play with you at recess.
13. Write a thank you note to the librarian.
14. Pick up trash in the hallway.
15. Pick up trash in the classroom.
16. Be a helper to your teacher.
17. Give the custodian a compliment.
18. Write the custodian a note saying how great things look.
19. Invite someone to sit with you at lunch.
20. Clean your desk without being asked.
21. Write your teacher a nice note.
22. Draw a picture for the art teacher with a nice note.
23. Help another student with his or her classroom job.
24. Tell a joke or make someone laugh.
25. Make a card or note for the lunch workers.
26. Smile at people, especially those who aren't smiling.
27. Ask your teacher or an aide if you can help with anything.
28. Get ready for the next subject quickly.
29. Say "Good Morning" to others when you get to school.
30. Bring a treat for someone else.
31. Tell someone you are thankful for them and say why.
32. Donate books to the classroom.
33. Help another student who is struggling.
34. If someone drops things in the hallway help pick up.
35. Write a nice note or draw a picture for another student.
36. Sit next to or talk to someone who looks upset.
37. Let another student borrow a pencil, eraser, crayons, markers or something else they forgot.
38. Say "Hi" and smile to other students or adults in the hallway.
39. Make cards to send to a senior center.
40. Thank a soldier or veteran.
41. Say "Please" and "Thank You" a lot!!
42. Clean up, even if you didn't make the mess
43. Donate tissues or bring other things for the classroom.

COME UP WITH YOUR OWN IDEAS 😊

The Pledge of Kindness

I pledge to myself,
On this very day,
To try to be Kind,
In every way.
To every person,
Big or Small,
I will help them,
If they fall.

When I love myself,
And others, too,
That is the best,
That I can do.

I will do my best to be kind to those around me,
everyday!

Name

Date