

# RANDOM ACTS OF KINDNESS WEEK

FEBRUARY 12–16, 2024



Thank you!

## MONDAY

Give a thank you note to Unsung Heroes such as custodial staff, cafeteria workers, office staff, bus drivers, and police officers.

FEB. 12

FEB. 13

## TUESDAY

Give random compliments to your friends and peers. A few nice words can go a long way and uplift someone's whole day.



## WEDNESDAY

Have a random interaction with someone different during lunch or recess.

FEB. 14

FEB. 15

## THURSDAY

Randomly send air hugs to friends reminding them that you care.

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## FRIDAY

Randomly be kind to yourself—write a letter to your future self about being proud of yourself or write a statement of affirmation.  
*For example: I'm kind because...or My life matters because...*

FEB. 16