**Random Acts of Kindness Week**  
February 12-16, 2024

**Monday, February 12**  
Give a thank you note to Unsung Heroes such as custodial staff, cafeteria workers, office staff, bus drivers, and police officers.

**Tuesday, February 13**  
Give random compliments to your friends and peers. A few nice words can go a long way and uplift someone’s whole day.

**Wednesday, February 14**  
Have a random interaction with someone different during lunch or recess.

**Thursday, February 15**  
Randomly send air hugs to friends reminding them that you care.

**Friday, February 16**  
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...*