Practice SIMPLE **acts of** *kindness* everyday

MONDAY: "YOU DESERVE THE SAME KINDNESS YOU GIVE TO EVERYONE ELSE."

*Get comfortable being kind to yourself! Come to school in your jammies or sweats.

TUESDAY: "TEAM UP FOR KINDNESS"

*Wear your favorite team jersey or school spirit wear. Kindness means being a team player- supporting encouraging and lifting each other up.

WEDNESDAY: "CAMO FOR COMPASSION"

*Wear camo to show appreciation for our armed services who serve others every day.

THURSDAY: "PURPLE FOR PEACE OF MIND"

*Wear purple to show support for mental health and remind each other that taking care of our minds is just as important as taking care of our bodies.

FRIDAY: "HATS OFF TO KINDNESS!"

*Today we tip our hats to the students and staff who choose kindness every single day.