

# FEBRUARY 2022 - KINDNESS MONTH ACTIVITIES

## PUT THE "I" IN KIND.

1. Random Acts of Kindness (RAK) Challenge: Read each day's calendar suggestion to your class, or the school over morning announcements, and inspire staff and students to participate in a RAK challenge.
2. Social Media Role-Model: Show how you are putting the "I" in KIND! Share a video of yourself doing something kind on social media to inspire others. Tag BRSD MHCB on Twitter, Instagram or Facebook so that we can repost.
3. Post Kindness Messages in Your School: Print and post these posters to help create an environment to recognize "Kindness Month". Encourage students to get creative and make their own posters with the poster template included.
4. Kindness Month Bookmark Activity: Give your students practice in putting the "I" in KIND! Have them decorate the bookmark in this template and write something kind on it to give to a classmate. Great for a learning commons or classroom activity.
5. "Collage of Kindness - Put the "I" in KIND" Bulletin Board: Help create a culture of kindness in your school by starting a "collage of kindness" bulletin board for students to share their ideas on how to put the "I" in KIND. With either sticky notes, or colored paper, gather kindness ideas from students, as a classroom activity and/or by leaving materials near the board from them to contribute with, throughout the month and stick or staple them on the board.
6. Community Needs: Do something to show your community kindness. You might work together as a school or class to collect food for the Food Bank, or mittens, toques and socks for the Open Door, make cheerful cards for a senior's home, pick-up garbage etc... The possibilities are endless! Looking for ideas? Visit the Random Acts of Kindness webpage.
7. Pink Shirts for #PinkShirtDay2022: Encourage your school to wear pink on Pink Shirt Day, Feb. 23rd, to send the message that your school "Puts the "I" in KIND" and stand-up to bullying behaviours. Post a picture of your pink shirt wearers on social media to help raise awareness.

