



The Great Kindness Challenge

Weekly Schedule of Activities

MONDAY

No School Today...

President's Day

“Kindness is a silent smile, a friendly word, a nod of encouragement. Kindness is the single most powerful thing we can teach children.”

*Complete 10 Daily Acts of Kindness

“Kindness is helping the world, one person at a time.”

- RAKtivist



TUESDAY

Theme:



Spread **Kindness** Like Sunshine

Wear: Neon or bright clothes and sunglasses.

*Complete 10 Daily Acts of Kindness

“No act of kindness is too small. The gift of kindness may start as a small ripple”

WEDNESDAY

Theme:



Powered By **Kindness**

Wear: Dress as your favorite super hero.

*Complete 10 Daily Acts of Kindness

“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

THURSDAY

Theme:



Nothing Beats **Kindness**

Wear: Your favorite sports shirt or uniform.

*Complete 10 Daily Acts of Kindness



FRIDAY

Theme:



We are Proud to be **Kind** at Sunray.

Wear: Show your school spirit with a Sunray shirt or school colors (green).

*Complete 10 Daily Acts of Kindness

“Kindness is seeing the best in others when they cannot see it in themselves.”