

Kindness Week

October 19-23, 2015



Project Cornerstone Books 2015-2016



Kindness Card 1: Monday



Name: _____ Grade _____ Room Number _____

Time to be kind! Color each square below as you complete the task listed. Have fun!

 Share a friendly joke with a classmate at recess.	 Write a nice note to your BUDDY and save it for your next visit.	 Tell a classmate 3 things you like about them.
 Smile at someone you don't know in a different grade.	 Be friendly-ask: "how are you?"	 Introduce yourself to someone-make a new friend!
 Clean up a mess you didn't make.	 Be polite all day: say "please," "thank you," "you're welcome," and "excuse me."	 Choose your own act of kindness. What did you do?

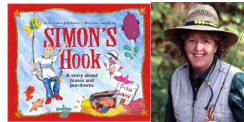
What's going on today?

ALL WEEK: Take the **Kindness Card Challenge** and wear your **Kindness Wristband** all week. Laugh at lunch by sharing jokes, riddles, and tongue-twisters, and eating lunch with someone new!

WHERE: Complete the card **in class**. Do kind acts everywhere you go!

MORNING: Let's kick off Kindness Week! Take the **Kindness Pledge**, and join us for an exciting assembly with **Simon's Hook** author, Karen Gedig Burnett - **she is Grandma Rose!**

WHERE: Multipurpose Room



RECESS: Practice “swimming free” on the playground at our **Swim Free School for Dolphins!**

WHERE: Blacktop by the Playground Pals Bus Stop (PPBS)

LUNCH: It's time for some fun! Join this high energy **Danceation Party** with Mrs. Lisa Feece!

(“It's not how you do it, it's how you feel it!” – Heath Hunter; www.danceation.com). Not sure you want to dance? Come cheer others on by waving encouraging picket signs or by blowing bubbles!

WHERE: Blacktop by the Playground Pals Bus Stop (PPBS)





See you there! And remember - make up your mind, to be kind!

Kindness Card 2: Tuesday



Name: _____ Grade _____ Room Number _____

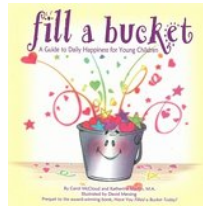
Time to be kind! Color each square below as you complete the task listed. Have fun!

 Write a thank you note to someone who has helped or inspired you.	 Compliment 3 different people (for example: "Wow, you are good at that!", "Nice shirt", "You are super.").	 Listen when others speak.
 Hold the door open for the person behind you.	 Be a good sport.	 Do you see someone sitting alone at lunch? Invite him or her to sit with you.
 Take care of the Earth - pick up trash or items you can recycle at school.	 Say hello to 3 people in 3 different grades.	 Choose your own act of kindness. What did you do?

What's going on today?

RECESS: Band together in the **Bucket-Filling Team Relay!** Fill each other's buckets with smiles, compliments and words of encouragement as you make your way around the baseball diamond. You can also meet us at the **Bucket-Filling Station** where you can write a special note to brighten someone's day. Want an extra challenge? Take a special **Kindness Mission** to complete during recess.

WHERE: Field by the Music Room



LUNCH: Delight in some **Big Parachute Fun** with Foothill's Playground Pals, write **chalk messages** on the blacktop, color, solve puzzles, or play Four Square on the **Kindness Courts!**

WHERE: on the blacktop by the Playground Pals Bus Stop (PPBS)

KINDERGARTEN: The **Warm Fuzzy Challenge Course** is for Kinders! Protect your “warm fuzzies” – those good feelings inside your invisible bucket – as you navigate a simple obstacle course.

WHERE: Kindergarten Blacktop










A warm smile is the universal language of kindness. Be the reason someone smiles today!

Kindness Card 3: Wednesday



Name: _____ Grade _____ Room Number _____

Time to be kind! Color each square below as you complete the task listed. Have fun!

 Take turns. Let another person go first.	 Invite someone new to play with you today.	 Make a kind-hearted wish for someone else. BONUS: Tell them what it is!
 See any items on the floor? Pick them up and put them away.	 Share something with a friend.	 Look around: could anyone use your help? Offer it!
 Give your friend a high five at recess!	 Draw a picture and give it to someone.	 Choose your own act of kindness. What did you do?

What's going on today?

RECESS: Take the **Bucket-Filling Challenge!** Your goal? Carry your bucket through a small course and help fill the empty/low bucket at the other end. Can you use your lid to keep your good feelings inside your bucket along the way? You can also meet us at the **Bucket-Filling Station:**

- 1) Give and get **compliments, handshakes, high-fives, smiles, and words of encouragement.**
- 2) **Write a special note** to brighten someone's day or pass along a kind message on a sticker.
- 3) Want a challenge? Ask for a special **Kindness Mission** to complete during recess.

WHERE: Blacktop by the Playground Pals Bus Stop (PPBS)

DO YOU KNOW?

The purpose of your **invisible bucket** is to **hold your good thoughts and feelings** about yourself. For every drop you put in someone else's bucket, you put another drop in your own bucket, too! Fill a bucket every chance you get, don't dip and use your lid!



A full bucket = you feel happy and good!



A low or empty bucket = you feel sad or bad.

Others feel the same way, too.

Be a *BUCKET-FILLER* to everyone you meet!

If you have the power to make someone happy, do it. The world needs more of that. - John F. Kennedy

Kindness Card 4: Thursday



Name: _____ Grade _____ Room Number _____

Time to be kind! Color each square below as you complete the task listed. Have fun!



Thank the Crossing Guards and parents who help you at drop-off for keeping you safe.



Be the first person to say or wave "hello"!



Offer to help a friend clean up his or her desk or workstation.



Be an UPStander! Ask someone who is sitting or standing alone to play with you.



Share (ex. lend a pencil to a friend).



Greet people by name - for example, "Good morning, Mrs. Engleson," "Hello, Mrs. Zumbrunnen, how are you?"



Leave a friendly note in a book at school.



Help someone if they fall down.



Choose your own act of kindness. What did you do?

What's going on today?

RECESS: Join us for a fast-paced game of **Compliment Freeze Tag** – put a drop in a schoolmate's bucket by giving them a compliment to “unfreeze” them! You can also meet us at the **Bucket-Filling Station** where you can write a special note to brighten someone's day. Want an extra challenge? Take a special **Kindness Mission** to complete during recess.

WHERE: Blacktop by the Playground Pals Bus Stop (PPBS)

LUNCH: Join us for a delightfully uplifting **Hawaiian Hula Dance Lesson** with Foothill's wonderful **Mrs. Weber!** Not sure you want to dance? Come cheer others on by waving encouraging picket signs or by blowing bubbles!

WHERE: Blacktop by the Playground Pals Bus Stop (PPBS)












Be kind, bring a friend, and try something new! See you there!

Kindness Card 5: Friday



Name: _____ Grade _____ Room Number _____

Time to be kind! Color each square below as you complete the task listed. Have fun!

 Volunteer. Ask your teacher what you can do to help out.	 Think of a nice way to thank Foothill staff - a note, a poem, a song - anything from the heart!	 Fill in a Bucket Gram (or simply write a note) and deliver it.
 Talk to someone you want to know better - you might make a new friend!	 Cheer for other students on the playground.	 Let someone else have the first turn.
 Smile at 10 different people today!	 Help solve a problem.	 Choose your own act of kindness. What did you do?

What's going on today?

RECESS: Join **Mrs. Guindy** and the **Bosco Bucket-Fillers** for an upbeat **Basketball Toss!** You can also meet us at the **Bucket-Filling Station** where you can write a special note to brighten someone's day. Want an extra challenge? Take a special **Kindness Mission** to complete during recess.

Where: Basketball Court on the Blacktop

LUNCH: Be a **Hero on the Playground!** Join our local heroes, **Saratoga's Fire Fighters**, on our **Bucket-Filling Challenge Course!** A fire engine will be on display, too – come check it out!

Where: Grass by the Playground Pals Bus Stop (PPBS)



Throw kindness around like confetti!

Kindness began with YOU! Congratulations, Foothill!