

# Project Cornerstone: Kindness Week

19 – 23 October 2015

|  | MONDAY 10/19   | TUESDAY 10/20   | WEDNESDAY 10/21   | THURSDAY 10/22  | FRIDAY 10/23  |
|--|--|---|---|---|---|
| <b>MORNING</b>                         | <p><b>Kindness Cards:</b> "Foothill's 5-Day Kindness Challenge" cards will be distributed to all teachers on 10/15.*</p> <p><b>Wristbands</b> that say "<b>Kindness begins with me and "It's cool to be kind!"</b>" will have been distributed to teachers as well.</p> <p><b>ASSEMBLY</b> - 8:45 a.m.: <b>Simon's Hook</b> author Karen Gedig Burnett will ask eleven students to demonstrate the tools in her book.</p> <p><b>Pledge:</b> Student Council will lead the student body in a "kindness pledge": <i>I pledge to myself on this day; To try to be kind in every way; To every person, big and small; I will help them if they fall; When I love myself and others, too; That is the best that I can do! Be kind and pass it on. Kindness begins with me!"</i>).</p>           | <p><b>Daily Announcement:</b> Student Council representatives will encourage students to be kind and to participate in recess activities.</p> | <p><b>Daily Announcement:</b> Student Council representatives will encourage students to be kind and to participate in recess activities.</p> | <p><b>Daily Announcement:</b> Student Council representatives will encourage students to be kind and to participate in recess activities.</p> | <p><b>Daily Announcement:</b> Student Council representatives will encourage students to be kind and to participate in recess activities.</p> |
| <b>IN CLASS and THROUGHOUT THE DAY</b> | <p><b>Foothill's 5-Day Kindness Challenge:</b> The Kindness Card is a self-monitored checklist for students to work on throughout the day. It is meant to remind students of simple acts anyone can do to be kind. To learn more about the 41 developmental assets that Project Cornerstone promotes, see <a href="http://www.projectcornerstone.org">www.projectcornerstone.org</a>.</p> <p>Classes are encouraged to brainstorm an act of kindness they can perform as a group around the school or in the community. This could even be a BUDDY ACTIVITY. Please report activities to Mr. Bosco, who may acknowledge them at a future assembly.</p> <p>A <b>Kindness Library</b> has been set up in the Office Workroom for Teachers and Staff. Please borrow as often as you like!</p> |   |   |   |   |

# Kindness Week (continued...)

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| <b>RECESS</b><br><br><b>10:10-10:40 a.m.</b><br><br><b>BUCKET-FILLING STATIONS</b> | <b>Swim Free Dolphin School:</b><br>Students will practice the 5 strategies from <i>Simon's Hook</i> on the playground.<br><br><i>Approximately 25 large cards containing sample responses to hooks (teases) will be placed in a grid on the ground; a hook will be drawn or called out and a volunteer will choose a response by standing on a card (there will also be a "free choice" card so they can come up with their own response); if teams, can be played like Bingo.</i> | <b>Grades 1-5: Bucket-Filling Team Relay</b> (on the baseball diamond): Students will proceed in teams of 2 or 3.<br><b>1<sup>st</sup> Base - Encouragement:</b> cheer for your partner in the beanbag toss.<br><b>2<sup>nd</sup> Base - Smiles:</b> hop to 2 <sup>nd</sup> base; smile at your partner and tell them something you like about them.<br><b>3<sup>rd</sup> Base - Compliments:</b> crab-walk or bear-walk to 3 <sup>rd</sup> Base; give each other (or the other team) a compliment; place a card or cut-out into the bucket, and run Home backwards!<br><b>Home: High-fives</b> for completing the course. Tag the next team.<br><br><b>Bucket-Filling Station</b><br><i>(see details under Wednesday)</i> | Take the <b>Bucket-Filling Challenge!</b> Your goal? Carry your bucket through a small obstacle 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?<br><br><b>Bucket-Filling Station:</b><br>1) Join us to receive <b>free compliments, handshakes, high-fives, smiles, and words of encouragement.</b><br>2) You can also <b>write a special note</b> to brighten someone's day or pass along a kind message on a sticker.<br>3) Want a challenge? Ask for a special <b>Kindness Mission</b> to complete during recess. | <b>Kindergarten: Warm Fuzzy Challenge Course:</b> Protect your "warm fuzzies" – those good feelings inside your invisible bucket – as you navigate a simple obstacle course.<br><br><b>Grades 1-5:</b> Join us for a fast-paced game of <b>Compliment Freeze Tag</b> – put a drop in a schoolmate's bucket by giving them a compliment to "unfreeze" them!<br><br><i>We will designate a playing area with cones or hula hoops. Two students will be the taggers. If a player gets tagged, he/she will "freeze" in place. A frozen player can rejoin the game when another player gives him/her a compliment. Compliments will be modeled and some written samples will be available to inspire players. Taggers will be switched every few minutes.</i><br><br><b>Bucket-Filling Station</b><br><i>(see details under Wednesday)</i> | <b>Basketball Toss with Foothill's Bosco Bucket-Fillers – thank you, Mrs. Guindy!</b><br><br><b>Bucket-Filling Station</b><br><i>(see details under Wednesday)</i> |

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| <b>LUNCH RECESS</b>   | "Buckets" of conversation-starters, jokes, riddles, tongue twisters, and UPSTANDER prompts will be placed at each lunch table .  |  |                 |  |  |
| <b>MPR and outdoor picnic tables</b>  | (e.g., "Look around... Do you see anyone sitting alone at lunch today? YOU can be an UPSTANDER! Ask if he/she would like to sit with YOU. See just how great it feels to be a FRIEND! ☺)   |  |                 |  |  |
| <b>LUNCH RECESS</b><br><br>12:00-1:00 p.m.<br><br><b>Playground Pals / PPBS</b>   | Write <b>chalk messages</b> on the blacktop, play Four Square on the <b>Kindness Courts</b> , or color, do puzzles, or make cards and crafts at the <b>PPBS Art Station</b> .  | See Monday.  | ---             | See Monday.  | ---  |
| <b>LUNCH RECESS</b><br><br><b>FRIENDSHIP BOOSTERS</b><br><br><b>Playground by PPBS</b><br><br>10-15 minutes for each lunch period:<br><br>12:25-12:40 p.m.<br>12:45-1:00 p.m. | <b>Danceation Dance Party with Mrs. Lisa Feece</b><br><br><i>("It's not how you do it, it's how you feel it!" – Heath Hunter; <a href="http://www.danceation.com">www.danceation.com</a>)</i><br><br><i>Not sure you want to dance? Come cheer others on by using encouraging picket signs, chants, and/or by blowing bubbles!</i> | <b>Big Parachute Fun with Foothill's Playground Pals</b><br><br><b>Kindergarten: Warm Fuzzy Challenge Course:</b> Protect your "warm fuzzies" – those good feelings inside your invisible bucket – as you navigate a simple obstacle course. | ---             | <b>Hawaiian Hula Dancing with Mrs. Connie Weber</b><br><br><i>Not sure you want to participate? Come cheer others on by using encouraging picket signs, chants, and/or by blowing bubbles!</i><br><br><b>Kindergarten: Warm Fuzzy Challenge Course:</b> Protect your "warm fuzzies" – those good feelings inside your invisible bucket – as you navigate a simple obstacle course. | <b>Bucket-Filling Challenge Course with Saratoga's Fire Fighters</b><br><br><b>Be a Hero on the Playground!</b> Join our local heroes, <b>Saratoga's Fire Fighters</b> , on our <b>Bucket-Filling Challenge Course</b> . A fire engine will be on display on the blacktop – come check it out! |

*Happy Kindness Week! Remember, kindness begins with me!*