



What is it?

- It is a week-long challenge to raise awareness about kindness and to help stop bullying.
- Kindness plays a very important role in everyone's lives.
- Whether it is that someone picks up the book you dropped or you invited the new kid to sit with you at lunch.
- It impacts and shapes our lives every day.

What do we do about it?

- **Monday:** We are having a Take What You Need and Give What You Can day. Meaning that there will be sticky notes posted all over the halls with kind quotes. You take a note if you need a note. If you want to give a note then you write a positive quote on the sticky note and give it to your Student Council sponsor. He or she will read and approve the quote and place in on the hall walls.
- **Tuesday:** We are hosting a Pour On The Kindness Day meaning that we will be passing out water bottles with kind labels on them!
- **Wednesday:** We are having everyone trace, cut out, and decorate a picture of their hand. Then we are going to hang each hand in the hall so that they all connect!
- **Thursday:** After School we will be distributing Sweet Tarts to every student and staff member! Saying, "You have such a sweet heart so here's a Sweet Tart!"
- **Friday:** We are having periodic flash mobs throughout the day; we'll be dancing to the song "Happy" by Pharrell Williams and "That's What Makes You Beautiful" by One Direction.

Am I really making an impact?

- **YES!** You are! This is a world wide effort!
- It wouldn't have become a **world-wide effort** without the participation of thousands of schools!
- This can last longer than a week! If you want to do more for the cause, there is more to be done! Be creative!
- Make sure everyone is **participating!** It's vital that everyone knows what's going on that way they can back the cause just as much as you are!

Interested?

We hope this presentation has inspired you to participate in the Great Kindness Challenge!

PLEASE VISIT

<http://www.greatkindnesschallenge.org/>

For more information, and remember to always

BE INSPIRED!

Thank You!

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