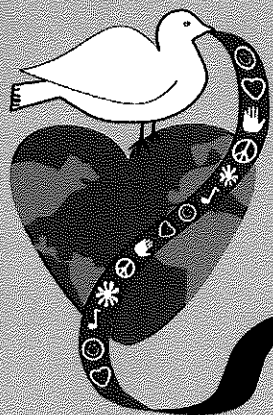


FRSD District-wide Spirit Week 2025



The Great Kindness Challenge.

Monday, January 27

Dream of Kindness:
Wear your pajamas

So cozy!

Tuesday, January 28

Color Our World with Kindness:
Dress in multiple colors

Thursday, January 30

Kindness Makes Your Heart
Grow Bigger:
Wear red or pink

Show your love!

Wednesday,

January 29

Kindness is our
Superpower:
Wear something
with a
superhero on it

Friday, January 31

Being Kind is No Sweat:
Wear comfy clothes like sweats

January 27 - 31, 2025



Dear Parents/ Guardians:

Our school is proudly participating in The Great Kindness Challenge, a week-long program dedicated to creating a culture of kindness and compassion in communities worldwide.

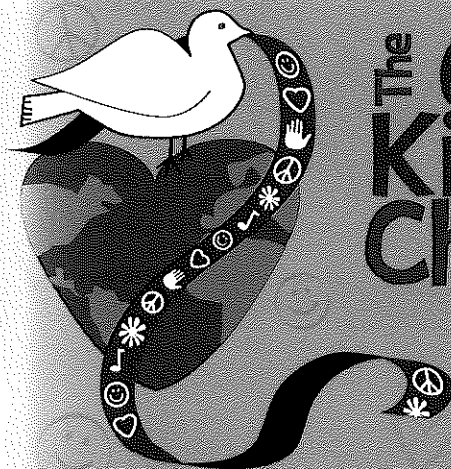
To help our students practice kindness and put their compassion into action, they will receive a Great Kindness Challenge checklist.

We will encourage all students to complete as many acts of kindness as possible at school and hope they feel inspired to continue them at home.

Together, let's lift each other up, cheer each other on and show the world that KINDNESS MATTERS!

Sincerely,

Mrs. Gina Collins and Ms. Brianna Coates
Your Barley Sheaf School Counselors



The Great Kindness Challenge®

SCHOOL EDITION

Your Kindness Matters!

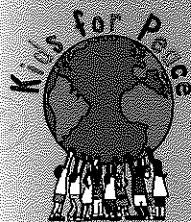
We challenge you to complete as many acts of kindness as you can in one week. Have fun!

happily sponsored by



Kind Acts

- ☐ Smile at 25 people.
- ☐ Surprise a friend with a nice note.
- ☐ Compliment 5 people.
- ☐ Pick up 10 pieces of trash on campus.
- ☐ Make a new friend.
- ☐ Tell a joke and make someone laugh.
- ☐ Be kind to yourself and eat a healthy snack.
- ☐ Learn something new about your teacher.
- ☐ Draw a picture and give it to someone.
- ☐ Help a younger student.
- ☐ Give a KIND handshake to greet a classmate.
- ☐ Recycle your trash.
- ☐ Hug your friend.
- ☐ Pick up trash outside your school.
- ☐ Cut out 10 hearts & give them to friends.
- ☐ Entertain someone with a happy dance.
- ☐ Make a kind poster for cafeteria helpers.
- ☐ Show appreciation to a counselor or mentor.
- ☐ Say "good morning" to 15 people.
- ☐ Design a thank you for the PTA/PTO.
- ☐ Make a wish for a child in another country.
- ☐ Say "thank you" to a crossing guard.
- ☐ Invite a new friend to play/hang out with you.
- ☐ Send a thank you to your superintendent.
- ☐ Offer to help your custodian.
- ☐ Sit with a new group of kids at lunch.
- ☐ Read a book to a younger child.
- ☐ Give an apple or a note to thank your teacher.
- ☐ Step up for someone in need.
- ☐ Make and display a "KINDNESS MATTERS" sign.
- ☐ Carry your friend's books.
- ☐ Help your PE teacher with the equipment.
- ☐ Make a bookmark for a friend.
- ☐ Hold the door open for someone.
- ☐ Pat yourself on the back.
- ☐ Thank a bus driver or carpool driver.
- ☐ Write a thank you on a bandage for the nurse.
- ☐ Listen to your teacher the first time.
- ☐ Whisper "thank you" to the librarian.
- ☐ Help someone up if they fall down.
- ☐ Lend a pencil to a friend.
- ☐ Learn to say "hello" in a new language.
- ☐ Bring a flower to the office staff.
- ☐ Show appreciation to your principal creatively.
- ☐ Help your teacher with a needed task.
- ☐ Be on time for school.
- ☐ Say "thank you" to a volunteer.
- ☐ Give your friend a high five.
- ☐ Make a friendship gift for someone new to you.
- ☐ Create your own kind deed.

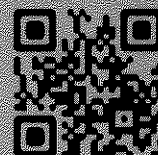


#GreatKindnessChallenge

GreatKindnessChallenge.org ♥ KidsforPeaceGlobal.org

(Your Name Here)

FREE APP!





The Great Kindness Challenge.

JUNIOR EDITION

Kindness Matters.
Complete as many acts of kindness as you can.

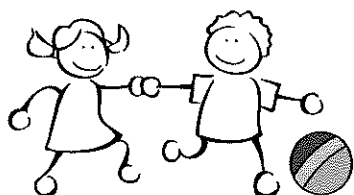
Have fun!

happily sponsored by

JAZZERCISE.

Acts of Kindness

☐ Invite a new friend to play.



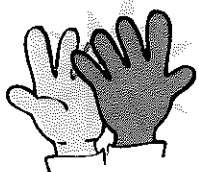
☐ Smile at 25 people.



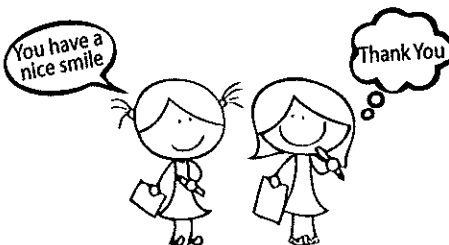
☐ Make a wish for a child in another country.



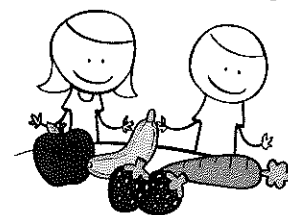
☐ Give your friend a High Five.



☐ Compliment 5 people.



☐ Be kind to yourself and eat a healthy snack.



☐ Decorate 5 hearts and give them to friends.



☐ Entertain someone with a happy dance.



☐ Lend a pencil to a friend.



☐ Help someone up if they fall down.



☐ Thank someone who has helped you.



☐ Create your own kind deed.



A Kids for Peace Experience
KidsforPeaceGlobal.org
GreatKindnessChallenge.org



Your Name Here

