

RANDOM ACTS OF KINDNESS

WEEK • FEBRUARY 2025

Choosing to be empathetic to others and yourself has the power to transform relationships, improve understanding, and create a kinder world. During the month of February, join us in celebrating the impact that empathy can have in our everyday lives!

MON

KINDNESS CHALLENGE
MONDAY

What To Wear?

Wear bright, cheerful colors like yellow, pink, or orange to symbolize warmth and happiness.

This visually promotes a positive and kind atmosphere.

ACTIVITY:

Perform random acts of kindness, such as helping a classmate, writing a thank-you note to a teacher, or making new friends.

TUE

COMMUNITY SERVICE
TUESDAY

What To Wear?

Dress in your favorite team colors to represent working together.

Activity:

Get involved in small community service acts, like writing cards for the elderly or collecting items for a food drive. This connects you to the needs of others, and helps you feel empathy for people in different situations.

WED

MAKE A FRIEND
WEDNESDAY

What To Wear?

Dress in your favorite graphic tee with messages like "Be Kind," "You've Got a Friend in Me," or even a simple "Hello" can break the ice and encourage conversations.

Activity:

Sit with someone you do not usually talk to during lunch or partner with a new classmate during group work.

THU

EMPATHETIC CHARACTER
THURSDAY

What To Wear?

Dress up as your favorite book character. Dressing up as a book character helps you understand different perspectives, fostering empathy and compassion through role-play.

Activity:

Read a book. Books that focus on characters dealing with emotions and challenges will help you to understand perspectives different from your own. Discussing how the characters feel and why they act in certain ways encourages empathy!

FRI

HELP A FRIEND
FRIDAY

What To Wear?

Create a toolbelt or bag to wear as a fun "helper" toolbelt or bag (made from paper or fabric) filled with "tools" for helping, such as kindness notes, smiley face stickers, or pencils to share with others.

Activity:

Look for ways to assist your friends, classmates, or a community member, whether it's sharing materials, helping with a task or offering encouragement.

SAT

WALK IN THEIR SHOES
SATURDAY

What To Wear?

Wear mismatch clothes or mix-and-match patterns to show that different styles can come together.

Activity:

Develop the skill of seeing the world from another's perspective. Engage in a role-playing activity where you and a group of people act out different scenarios involving emotions like excitement, frustration, or nervousness.

SUN

REFLECT AND REST
SUNDAY

What To Wear?

Wear your favorite comfortable pajamas or loungewear to symbolize the idea of rest and relaxation. Soft, cozy fabrics will set the tone for a restful day.

Activity:

Reflect on your empathy practices. For example, journal about how you showed empathy during the week or discuss with your family what you learned.