











Redondo Beach Unified School District
Yellow Ribbon Week
Great Kindness Challenge
January 28 – February 1, 2019

Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	Friday, February 1
<p>Theme:</p> <p>Compliment Day!</p>	<p>Theme:</p> <p>Random Acts of Kindness Day!</p>	<p>Theme:</p> <p>Make a New Friend Day!</p>	<p>Theme:</p> <p>Be Kind to Yourself Day!</p>	<p>Theme:</p> <p>Be an Upstander Day!</p>
<p>Activities:</p> <ul style="list-style-type: none"> * Sincerely compliment 5 people. * Say good morning or hello to 3 people.  <ul style="list-style-type: none"> * Smile intentionally throughout the day.  <ul style="list-style-type: none"> * Tell someone to have a great day. 	<p>Activities:</p> <ul style="list-style-type: none"> * Write a thank you note to someone who has done something nice for you.  <ul style="list-style-type: none"> * Give someone in your family a hug.  <ul style="list-style-type: none"> * Notice what someone needs and find a way to be helpful. 	<p>Activities:</p> <ul style="list-style-type: none"> * Give 3 people a high five and tell them good job for something.  <ul style="list-style-type: none"> * Sit by someone new at lunch. * Invite someone new to play with you at recess. 	<p>Activities:</p> <ul style="list-style-type: none"> * Think of 3 things you have done well lately.  <ul style="list-style-type: none"> * Look in the mirror and compliment yourself. * Respect yourself and others. Show your school spirit and wear <i>The Character Counts!</i> color for respect, yellow. 	<p>Activities:</p> <ul style="list-style-type: none"> * Words have power: use your words to inspire or bring joy to someone. * Put-up a Put-down: No Name Calling.  <ul style="list-style-type: none"> * Stand up for someone being teased. * Be a Good Sport.  <p>I can BEE a GOOD SPORT</p> <p>by not getting angry if defeated at something, or boasting if I win at something.</p>