

Ames Kindness Week

February 10-13, 2020

Monday February 10th begins Kindness Week at Ames. Help fill our school with kindness with the following activities:

Kindness Chain

Check out the Simple Acts of Kindness table below. For each simple act of kindness add a paper link (provided by your teacher) to your classroom kindness chain. See if you can grow your class kindness chain long enough to link with the chains of other classrooms. As the week goes on, we can all watch how kindness grows and links us all together. Your small acts can make a BIG impact!

Dress UP Days

Monday: Exercise Gear – Ames students “exercise” kindness! Wear your favorite sports or exercise gear.

Tuesday: Color Day – Ames students “Color” the world with kindness. Dress in as many colors as you can or just pick one for your whole outfit.

Wednesday: Shine – Ames students “shine” with kindness. Wear something brightly colored or shiny.

Thursday: Pajama Day – Ames students are “dreaming” of kindness.

Coin Collection

Show kindness to our world by bringing in spare change on Monday-Thursday. Change collected will be donated to One Tree Planted to help re-plant trees lost in the recent Australian fires. Collection bins will be located on the 1st floor near the office.

Learn more at onetreepanted.org

Simple Acts of Kindness

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| Offer to help a friend study | Do a chore without being asked | Share | Give a compliment | Smile at someone you see |
| Pick up trash without being asked | Say sorry if you do something wrong | Ask someone new to play at recess | Tell an adult “Thank you” | Make a care package |
| Write and send a letter | Volunteer somewhere | Create your own kindness | Donate a non-perishable food item | Set the table for dinner or help clean up |
| Write a thank you note | Give a hug | Say Hi to someone | Give someone a small gift like a flower | Cheer someone up that’s having a bad day |
| Say something nice to someone | Clean up without being asked | Make a handmade gift | Hold the door for someone | Teach someone something new |

