

# Ames Kindness Week

## February 10-13, 2020

Monday February 10<sup>th</sup> 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 1<sup>st</sup> floor near the office.

Learn more at [onetreepanted.org](http://onetreepanted.org)

### Simple Acts of Kindness

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

