

February's Pillar of Character:

# KINDNESS

Marlboro Memorial Middle School

# Kindness is...

- ❄ Being compassionate and showing you care
- ❄ Expressing gratitude
- ❄ Including others
- ❄ Forgiving others
- ❄ Helping people in need
- ❄ Respecting, appreciating, and valuing everyone



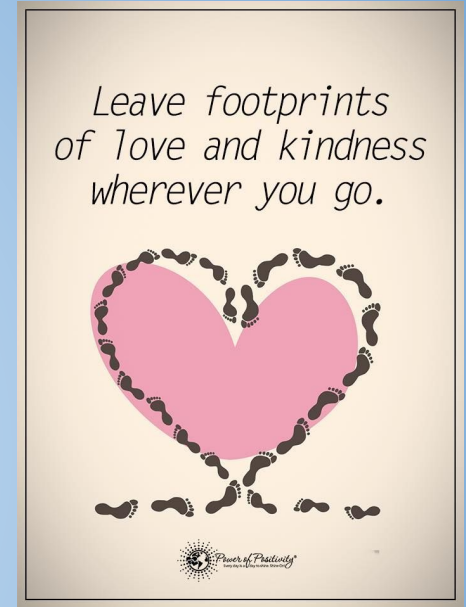
# Kindness improves your health!

- Kindness releases feel-good hormones.
- Kindness improves self-esteem.
- Kindness eases anxiety and depression.
- Kindness is good for your heart.
- It can help you live longer.
- It reduces stress.
- Kindness prevents illness.



# WAYS TO BE KIND!

- \* Participate in our #ChooseKind activities!
- \* Participate in our **Pennies for Patients** fundraiser.
- \* If you see someone drop their books, pick them up.
- \* Help someone with their schoolwork.
- \* Say HI to someone new.
- \* Smile at someone in the hallway.
- \* Make a new student comfortable.
- \* Sit next to someone at lunch that you wouldn't normally sit next to.
- \* Make others feel included.
- \* Be kind to yourself. Do something that makes you happy or feel relaxed.
- \* Forgive yourself and others.



## #ChooseKind Spirit Week/Daily Challenges

- **Monday, 2/11: Be Comfortable With Kindness!**

(Comfy Cozy Day!)

*\*Say hello to 10 people that you don't know!*



- **Tuesday, 2/12: Kindness Rocks!**

(Favorite musician/music/band OR dress like a rockstar!)

*\*A day of positivity--Challenge yourself to avoid put-downs and negative comments for an entire day.*



- **Wednesday, 2/13: Kindness Makes Your Heart Glow!**

(Wear bright/neon colors!)

*\*Leave a note of thanks for an adult you appreciate!*



- **Thursday, 2/14: Kindness is Your SUPERPOWER!!!**

(Favorite hero/superhero OR Valentine's Day/love/kindness theme)

*\*Give compliments to at least 3 people!*



- **Friday, 2/15: At Memorial, We Have Each Other's Backs!**

(School spirit wear/school colors and/or Backwards Day!)

*\*Pay it forward--When someone does something nice for you, pay it forward and do something nice for someone else!*





# #ChooseKind Activities

## Hidden Message

We have chosen a positive message about kindness and scrambled up the words. These words will be posted in common areas around the school, and it will be up to you to find them and piece the message together. The words will be printed on paper along with our hashtag ChooseKind. Once you think you've solved our riddle, visit Student Services or complete our [online entry form](#) to enter yourself into our Hidden Message raffle for a chance to win a small prize.

# #ChooseKind Activities

## The Great Kindness Challenge

Each homeroom will be given a bag containing slips of paper with kind acts written on them. Your homeroom will have the rest of the month to work together to perform as many of these acts of kindness as you can. When you're ready to get started, your homeroom teacher will have each of you take a slip from the bag. Please don't rush to do it right away--**MAKE IT MEANINGFUL!** And, once you complete your kind act, be sure to let your teacher know. Some of you may get to go more than once. Every homeroom that participates in the Great Kindness Challenge will receive a certificate and be recognized on our kindness bulletin board. Even better, you'll take pride in knowing that you've made our school a kinder, more caring place one kind act at a time.

EVERYONE LISTEN UP



KINDNESS MATTERS

reminder:  
be kind to yourself



Random acts of kindness are good.



Deliberate acts of kindness are better.

quickmeme.com

spread the love ~



DO YOU KNO DA WAE?



TO KINDNESS

KINDNESS IS MAGIC



WE DON'T HAVE TO AGREE ON ANYTHING



TO BE KIND TO ONE ANOTHER

memegenerator.com