

Be THE Change

WEEK

Monday -- Compliments Wanted

Give as many compliments as you can to your classmates, teachers, friends, and family members.

Give at least one High-Five, Handshake, or Hug!

Activity: Fill out and send a S.O.K.gram (a Spirit of Kindness gram) to a deserving classmate/teacher/staff member. During both lunches in the main gallery hallway, Be the Change team members will be on hand to collect your compliments for distribution on Friday. Compliments are free, but they sure pay dividends in the long run.

Tuesday – Pay It Forward

Improve our school environment exponentially with random acts of kindness. Do something nice for someone you don't know in the hopes that they will do the same for someone else. Any acts of giving or kindness count.

Give at least 3 High-Fives, Handshakes, or Hugs!

Wednesday – Protect our Home

Make our world a better place. Clean up our environment. Pick up trash along the way during passing. Collect cans and bottles and recycle them.

Give at least 6 High-Fives, Handshakes, or Hugs!

Thursday – Share Your Dreams

Make a personal goal to share your dreams with as many people as you are able to and be willing to hear other's as well.

Give at least 9 High-Fives, Handshakes, or Hugs!

Activity: Make your dreams for the future concrete. Come to the library and share. Write them down & post them to our Dream Wall.

Friday – Show Some Love

Thank someone you love and respect. Tell them how much you appreciate them. Share your love and respect for them.

Give at least 12 High-Fives, Handshakes, or Hugs!

Activity: S.O.K.grams distributed during 3rd block.