



# Elementary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>13</b> <b>Read &amp; Wonder</b></p> <p>Read or listen to <a href="#">The Rabbit Listened</a> by Cori Doerrfeld. How was Rabbit different than the other animals? What are things you do when you're upset? What are things you can do to feel better? How can you help a friend in the future? Now check in with a friend or family member today!</p>	<p><b>14</b> <b>Valentine's Day</b></p> <p>Give a valentine to a random classmate.</p>	<p><b>15</b> <b>Draw a Picture</b></p> <p>Draw a picture for someone you think is special.</p>	<p><b>16</b> <b>Leave a Letter</b></p> <p>Brighten someone's day by leaving a letter or a picture in a library book for someone to find.</p>	<p><b>17</b> <b>Random Acts of Kindness Day</b></p> <p>Do an act of kindness for someone and encourage them to pay it forward.</p>	<p><b>18</b> <b>Fun Friday</b></p> <p>Ask someone in your class to do something fun with you today like play a game, color, paint, read, create a game, or dance.</p>	<p><b>19</b> <b>Neighborhood Notes</b></p> <p>Leave kind messages around your neighborhood, apartment, or playground for people to see or write on the sidewalks with chalk.</p>

**Hide and Find Kindness Challenge!**

Continuing from the activity from February 16<sup>th</sup>, have students write a kind message, encouraging quote or draw a happy picture. Challenge students to put their pictures or messages in a random place at school for someone to find. If students find a random message, create a place where they can post what they found (like a bulletin board or designated space on the wall). For older students, they can post a picture on social media tagging @SHAPE\_America on Twitter or @shapeamerica on Instagram using the hashtag #healthmovesminds.