



Secondary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>13 Read & Reflect</p> <p>Read or listen to The Rabbit Listened by Cori Doerrfeld. What animal can you relate to most? Can you think of a time when you wanted someone to just listen? Why is it good to just listen sometimes? Now check in with a friend today!</p>	<p>14 Valentine's Day</p> <p>Give a valentine to a random classmate.</p>	<p>15 I Appreciate You</p> <p>Give a note to someone who works in your school (custodian, cafeteria worker, office aid, librarian, etc.) a note saying why you appreciate them.</p>	<p>16 Drop a quote</p> <p>Write an encouraging message or quote on a piece of paper and leave it in a library book for someone to find.</p>	<p>17 Random Acts of Kindness Day</p> <p>Do an act of kindness for someone and encourage them to pay it forward.</p>	<p>18 Be Inclusive</p> <p>Invite a classmate you don't really know to join you in an activity, to eat lunch with you or offer/ask them for help.</p>	<p>19 Neighborhood Notes</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 16th, 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.