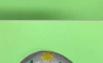


1		Do something soothing for yourself. If you enjoy coloring, you might enjoy coloring a Mandala at https://mondaymandala.com
2		Smile at people you see today and take note of how it impacts you and others.
3		Check out https://musiclab.chromeexperiments.com/Song-Maker/ What are ways you can be kind to yourself and your body today? Do at least one thing that would bring you comfort/ease/enjoyment.
4		Write a letter of appreciation to a student at school about all of the things you've seen them do to make others feel welcome.
5		Virtually transport yourself to visit some of these animals https://calmingroom.scusd.edu/LiveAnimalCameras
6		Create your own kindness mission...do something for yourself or for others that would be helpful or uplifting.
7		Write a thank you note/Kindness Warrior Award to an adult in your life whom you feel encouraged and supported by.
8		What is an activity or hobby of yours that brings you joy? Take a moment to imagine yourself doing that activity or hobby and the fulfillment that it brings.
9		When outside today, notice things that you see, hear, feel that foster curiosity and/or appreciation for being outside.
10		Walk alongside someone today. Notice the comfort that comes when sharing a meaningful moment with someone. Think about the people in your life that you enjoy spending time with and perhaps let them know you enjoy spending time with them.
11		Creativity comes when we take time to do nothing. Take 5 minutes to do nothing today...let your mind wander and just be.
12		Write a thank you note/Kindness Warrior Award to a fellow student who supports and encourages you.
13		Write a thank you note/Kindness Warrior Award to a fellow student who models compassion.
14		What is something you could do for yourself today that would make you smile or laugh? Make time to let yourself experience that kind of joy.
15		Write a Kindness Warrior Award to a student that's not in your grade.
16		Let a fellow classmate know a character strength that you admire in them. (https://www.viacharacter.org/character-strengths)

17		Offer to help out with something you aren't usually responsible for.
18		Notice and acknowledge a student whose effort is inspiring
19		Notice and acknowledge a student who smiles and greets others.
20		Write a Kindness award to yourself acknowledging how you use one of the WMS pillars (Tenacity, Compassion, Strive for Excellence, Stewardship) in your life.
21		Share something with someone else – story, food, experience, etc.
22		Take a moment to express gratitude to someone you appreciate.
23		Thank a friend who has been a steady support in your life with a thank you note or Kindness Warrior Award.
24		If you were to be kind to yourself today, what would you do differently? Would you encourage yourself? Would you acknowledge and appreciate what you're doing well? Would you communicate your needs to someone? Would you make time to do something kind for yourself? Do at least one thing that demonstrates kindness for yourself today.
25		Ask someone, "how are you" and listen with sincere interest. Make a point to get to know them and to be there for them as they share.
26		Make time for yourself today to listen to a song you really like.
27		Each time you enter a room today, make it a point to smile and/or greet someone. Notice what happens when you smile or greet others. What kind of effect does it have on you and on others?
28		Offer to help a fellow student or teacher with something today...handing out papers, assisting with homework, picking up trash, pushing in chairs, etc.
29		Make it a point to contribute something today whether it's sharing an idea or thought, listening intently, offering your help, etc.
30		Compliment someone today. Let them know what you appreciate about them (humor, friendship, caring, enthusiasm, playfulness, work ethic, kindness, etc.)
31		If you were to be kind to yourself today, what would you do differently? Would you encourage yourself? Would you acknowledge and appreciate what you're doing well? Would you communicate your needs to someone? Would you make time to do something kind for yourself? Do at least one thing that demonstrates kindness for yourself today.
32		Hold doors open for people today.

33		Take time to listen intently and with sincere interest to someone today.
34		Let a family member or care provider know something that you appreciate about them
35		Compliment the first 3 people you see today.
36		Say, "hi" to the first person/pet you spot today. If no person or pet is around, give yourself an enthusiastic "hello" :)
37		Today when you're in a group conversation, do your part to help all feel included and heard.
38		Send a gratitude email to someone in your life.
39		Spend 10 minutes today doing something that brings you joy (sport, music, art, hobby, talking with a friend, etc.)
40		When in the company of others today, try to be fully present and give them your full attention.
41		Send an inspirational message to someone today. (e.g. https://www.randomactsofkindness.org/kindness-quotes)
42		Write a list of your hopes/goals and share with one person in your life at least one of your hopes/goals.
43		Learn something new about someone today.
44		Compliment 5 people before the end of the day.
45		Think about something that soothes you (music, place, person, activity). Try to do something for yourself or for others today that brings comfort or soothes.
46		Identify one person that you'd like to get to know better and make it a point to connect with them today by asking them a question, offering to partner with them during class, or inviting them to join you at lunch or recess.
47		If you were to be kind to yourself today, what would you do differently? Would you encourage yourself? Would you acknowledge and appreciate what you're doing well? Would you communicate your needs to someone? Would you make time to do something kind for yourself? Do at least one thing that demonstrates kindness for yourself today.
48		Publicly acknowledge someone who deserves recognition.

49		Write a thank you note/Kindness Warrior Award to the first person that does something nice for you today.
50		Acknowledge a classmate whose effort you admire.
51		Acknowledge a classmate who has recently completed a project/task that you appreciated or admired.
52		Make plans to do something with someone you care about or would like to get to know better.
53		Do a chore or assist with something without being asked.
54		Do a chore or assist with something that usually isn't your responsibility.
55		Email a former teacher or school employee that you appreciated and/or made a difference in your life.
56		Think about ways you care for yourself physically and emotionally (e.g. go for a walk, talk to a friend, make time for yourself to do something you enjoy, encourage yourself, give yourself compassion and understanding, etc.) Implement three self-care strategies today.
57		Take time today to observe and acknowledge the strengths you see in your classmates...effort, listening, humor, smiles, artwork, writing, helpfulness, kindness, energy, caring, presence, authenticity, patience, enthusiasm, courage, resilience, etc.
58		At lunch today, notice and/or share with those you're sitting with something you appreciate about them (humor, friendship, kindness, listening, enthusiasm, sharing of food/stories, helpfulness, etc.)
59		Think of someone you have witnessed demonstrating courage (perhaps they shared in class or with friends, tried something new, pushed through when things were difficult, volunteered to go first, etc.) and let them know verbally or through a Kindness Warrior Award.
60		Think of someone you have witnessed demonstrating leadership (perhaps they volunteered to assist with something, took the lead on a project, went out of their way to check in on someone who was having a bad day, etc.) and let them know verbally or through a Kindness Warrior Award.
61		Make an effort to connect with someone in your life that you enjoy spending time with or would like to get to know better.
62		When you run into someone you know and appreciate today, let them know why you value and appreciate them.
63		List 5 things about yourself for which you're grateful.
64		Think about one of your caregivers (family, friend, meaningful adult in your life). List 5 things that you appreciate about them and share with them your list.

65		Make it a point to express your enthusiasm for or appreciation of people today. (ideas include saying, "great to see you; hope you have a great day; thanks for chatting; look forward to seeing you again;" or high-fiving someone for their effort/work)
66		Air high-five at least 5 people today when they do/say/accomplish something you feel is high-five worthy.
67		Let a teacher know something you've learned from them that you appreciate.
68		Ask someone you care about how they're doing and listen with sincere interest. Let them know you appreciate them and their willingness to share with you.
69		Think of someone you know who is creative. Make it a point to let them know you've spotted this strength in them, and why you appreciate their creativity.
70		Think of someone you know who demonstrates kindness. Make it a point to let them know you've spotted this strength in them and why you appreciate their kindness.
71		Think of someone who you've witnessed overcome a challenge; someone who was resilient and pushed through when things were difficult. Acknowledge to them how their efforts were inspiring and/or impacted you in a positive way.
72		When you see someone hurried, overwhelmed, or having a bad day, seek to understand what may be impacting them and let them know you're willing to be of support if they need anything.
73		When you see someone who may be feeling left out, make an effort to connect with and include them.
74		Make an effort to bring joy to someone's day today. Share a funny story, smile, ask someone to join you, etc.
75		What is a book, movie, show, place, person, or animal that you really enjoy? Make time to experience enjoyment today.
76		Write a Kindness Warrior Award to someone you've never written one to before.
77		Make it a point to say, "thank you" to people today when they hold the door open, hand out papers, share information, help you with something, etc.
78		Tonight when spending time with people in your life, make it a point to give them your full attention. Notice how providing full attention impacts your connection with them and their connection with you.
79		Today when spending time with a friend, make it a point to give them your full attention. Notice how providing full attention impacts your connection with them and their connection with you.
80		Share with someone a quote, piece of art, or song that you find meaningful or inspirational.

81		Create something for someone else or for yourself today...a drawing, note of appreciation, origami, poem, etc.
82		Thank someone who supports you in pursuing an interest or hobby of yours. Let them know how much you appreciate their support and what having opportunity to pursue your interest/hobby means to you.
83		Think about someone you admire and/or appreciate...maybe you admire them for how they treat others, for how hard they work, for the care they provide, for something they do/contribute, etc. Let them know you've noticed their efforts/contributions and why you admire/appreciate them.
84		Make time to do something special for yourself...spend time with a friend, read a book, be with a pet, do an activity/hobby that you enjoy, listen to music, etc.
85		Make time to do something special for someone else...offer to spend time with them, create a card for them, write them a poem, share a song with them, help them with something, etc.
86		Think of someone who goes about their day in a quiet, steady way. Let them know what you appreciate about their contributions and how their quiet, steady way benefits you and/or our community.
87		Think of someone who is exuberant and/or energetic. Perhaps they're always willing to move, hand out papers, run an errand, etc. Let them know what you appreciate about their contributions and how their enthusiasm/energy benefits you and/or our community.
88		Think of someone who brings positivity, encouragement, and/or hope to group efforts. Let them know what you appreciate about their contributions and how their positivity, encouragement, and/or hope benefits you and/or our community.
89		Think of someone who expresses gratitude to others. Let them know how their acknowledging and appreciating others impacts you and our community.
90		Think of someone you've seen giving full effort in PE. Acknowledge their effort and contributions by letting them know verbally or through a Kindness Warrior Award.
91		Think of someone who's made you laugh or smile. Acknowledge the joy they've brought you by letting them know verbally or through a Kindness Warrior Award.
92		Use a talent of yours to brighten a person's day (sing, tell a joke, write a note, dance, etc.).
93		Look at these Random Acts of Kindness quotes and pass one on that resonates with you to someone else. https://www.randomactsofkindness.org/kindness-quotes
94		If you were to be kind to yourself today, what would you do differently? Would you encourage yourself? Would you acknowledge and appreciate what you're doing well? Would you communicate your needs to someone? Would you make time to do something kind for yourself? Do at least one thing that demonstrates kindness for yourself today.
95		Identify in your mind one person you interact with today that you appreciate. Think about what it is you appreciate about them. If you so choose, let them know what you appreciate/value about them verbally or through a Kindness Warrior Award.
96		Think about ways you care for yourself physically and emotionally (e.g. go for a walk, talk to a friend, make time for yourself to do something you enjoy, encourage yourself, give yourself compassion and understanding, etc.) Implement three self-care strategies today.

97		Think about something kind/caring that someone else has done for you (e.g. made you a meal, taught you something, listened intently to you, trusted you with something, invited you to get together, helped you with something, smiled at you, etc.) and how their caring/kindness made you feel. Let them know and/or do something kind/caring in your own way for them or someone else today.
98		If you know and have experienced Sully's (Mr. Coulter's dog) kindness, write him a Thank You note or Kindness Warrior Award and let him know what you appreciate about him.
99		Surprise a teacher/staff member/friend by saying, "hello" and checking in or by leaving a kind note on their desk or locker.
100		Create a motivational pre-game routine for yourself like athletes, musicians, artists do prior to a performance to pump yourself up for your day (e.g. create a playlist of motivational music that you'll listen to as you walk or ride to school, utilize an image/quote that inspires, make time to visualize yourself accomplishing what you set your mind to for the day, etc.). Make it a simple routine that inspires and provides a boost.
101		Talk with your friends and design a Kindness Mission that you'll implement that demonstrates caring and appreciation for others (e.g. greet people when they arrive at school, organize a game/activity that students can participate in at recess or before school, create a kindness banner, help a staff member clean up or prepare for something, perform a lip sync/song/dance that inspires/entertains, invite someone to join your group in an activity, etc.)
102		Make it a point to celebrate and acknowledge effort today (verbally and/or non-verbally by smiling or giving a thumbs-up, high-five, fist bump, etc.).
103		Give someone a boost today by sharing with them a favorite show, song, poem, meme/GiF that you are boosted by
104		Explore your rhythm at https://touchpianist.com
105		Think of an activity or hobby that you'd like to pursue and identify people in your life that could help you to make it happen or could offer their support and encouragement. Reach out to them and share how they can help you in making it happen.
106		Experience interactive art at http://weavesilk.com
107		Experience a digital sand tray at https://apps.amandaghassaei.com/FluidSimulation/
108		Explore your creativity at https://quickdraw.withgoogle.com/
109		If you're looking for activities that are designed to uplift, check out Action for Happiness Calendars (https://www.actionforhappiness.org/calendars)
110		Transport yourself in your imagination to a place that inspires or gives a boost.
111		Make it a point today to do one thing you enjoy.
112		Ask someone to join you in an activity that brings you joy.

113		Go see someone who brings you joy.
114		Share with a friend something that made you laugh.
115		When outside take note of the sounds you hear.
116		Take a moment to transport yourself to a memory that you hold close to your heart.
117		Find a comfortable place to relax and think of three things you are grateful for.
118		Think about something kind/caring that someone else has done for you (e.g. made you a meal, taught you something, listened intently to you, trusted you with something, invited you to get together, helped you with something, smiled at you, etc.) and how their caring/kindness made you feel. Let them know and/or do something kind/caring in your own way for them or someone else today.
119		Take a moment to check in with yourself and ask yourself how you are doing. Once you know how you're feeling and what you need take one action step toward taking good care of yourself.
120		Create a playlist of all your favorite songs when you were younger but haven't played in a while.
121		Take time to look out a window today and think about what it is that you appreciate about being outside. Next chance you get to be outside, try to fully experience all of the things you appreciate about being outdoors.
122		Every time you go through a doorway today, remember a time you were greeted with enthusiasm and remember you are valued and your unique contributions matter and are needed.
123		Offer to help someone who is struggling with homework or classwork today.
124		Offer to assist a teacher/staff member with any tasks they may need help with.
125		Check out virtual coloring pages https://www.mombooks.com/dp-online-activity/art-therapy-adult-colouring-book/?imprint=1
126		Write a kindness warrior to yourself from your future self.