

Selkirk's 5 Days of Kindness

(May 11th, 2020 – May 15th, 2020)

*“If you see someone without a smile, give them yours”
– Dolly Parton*

We are all about being kind at Selkirk, so let's show the people in our homes how we carry ourselves at school! 😊 Once you've completed your daily act of kindness, pay attention to how it makes you feel and how it makes the person you're showing kindness to feel.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Surprise someone with something you've made (a sandwich, a picture, and song...)	Go outside and pick up at least 5 pieces of garbage (make sure you have permission from the adult(s) in your home first, wear gloves, and be sure to keep social distancing in mind)	Take some time to do something that makes you happy (draw, read, go for a walk, watch a show you like, etc...) (Being kind to yourself is important too)	Say something kind to someone in your home, or call someone who you care about	Offer to help someone in your home with a chore or a job