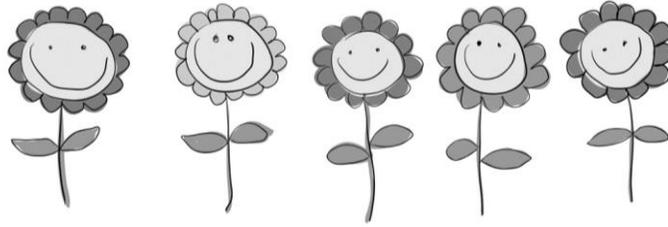


Kindness Counts!!



This month, Monticello students and staff will have the opportunity to focus on being KIND!!

Every student and staff member at Monticello (4K-12th Grade) has been invited to join the Kindness Challenge for the month of April. Every act of kindness counts, & will be tallied at the end of the challenge! Let's see how kind we can be!

Our challenge for every participant is to perform at least 10 different acts of kindness before May 1st!! Every participant has received a Kindness Chart. Directions are on the chart, and ideas are on the back of it! The 100 Kindness ideas are also on the back of this note for you to reference. As each act of kindness is completed by a participant, he or she will mark off the number on the chart that corresponds to the provided list of ideas. Charts should be turned in to Ms. Auz on May 1st.

Students may need family/community support to complete our goal. Please help students recognize the kind things they do every day! Get started today!

Students and staff will also be provided with the option to wear a special Kindness Reminder Band (a clear wrist band) that can be worn all month long to remind him/her to be kind every day! The wrist bands are being offered to students first - they get first dibs during the last week in March. During the first week of April, the wrist bands will be handed out to more students and staff, on a first-come, first-serve basis until they're gone!

It's time to spread those smiles!! Be kind in every way, every day.

Let's bring kindness everywhere we go!! Happy April, everyone!

REMEMBER to spread the kindness! #PonyProud

1. Say "please" every time you ask for something.
2. Say "thank you" when someone does something for you.
3. Drink water and avoid unhealthy beverages today.
4. Wash your hands often to prevent spreading germs.
5. Eat healthy foods throughout the day today.
6. Write a list of 5 things you're thankful for.
7. Write a list of 5 things you like about yourself and post it so that you'll see it every day.
8. Make safe choices all day today.
9. Have KIND thoughts about yourself and others all day.
10. Exercise for 30 minutes inside or outside today.
11. Learn about something new today.
12. Take deep breaths or meditate to clear your mind.
13. Call your grandparents and tell them you love them.
14. Offer to clean someone's car (inside and/or outside).
15. Check in on an elderly relative or neighbor.
16. Set the table for dinner.
17. Hide a kind note for a friend or family member to find.
18. Weed or shovel for a family member or neighbor.
19. Tell someone why they are special to you.
20. Call someone you haven't seen in a while to say hello.
21. Tell someone how much you love them.
22. Make someone else's bed for them.
23. Invite someone to do an outdoor activity with you.
24. Help make dinner.
25. Make a get well card for someone.
26. Take care of someone's pet while they're away.
27. Share a special toy, game, etc. with a friend.
28. Clean up your room without being asked.
29. Create a video message for faraway friends or family.
30. Invite family or friends to spend "screen free" time with you (no phones, computers, TV., tablets, etc.).
31. Make a healthy recipe at home or with a friend.
32. Offer a hug to a friend or family member.
33. Write a poem for a friend or family member.
34. Give three compliments to a family member.
35. Share a healthy snack with a friend.
36. Send a postcard to a friend or family member.
37. Read a book to someone.
38. Write a kind note for someone's lunch.
39. Thank the people that provide your lunch for you.
40. Talk to someone new at school.
41. Bring a nice note to someone who taught you at school.
42. Offer high fives to people you see at school.
43. Ask someone new to play a game (inside or outside).
44. Wave at kids on a school bus.
45. Tell the principal how great a peer is.
46. Bring kind notes or treats for the custodians.
47. Compliment a Monticello School staff member.
48. Give a nice note or a treat to a bus driver.
49. Return loose playground toys to the playground box.
50. Give three compliments to someone at school.
51. Dry the wet slides at the playground with a towel.
52. Make play dough for a classroom or a young neighbor.
53. Make a thank you card for your librarian.
54. Return someone's cart at the store.
55. Leave a letter in a library book for someone to find.
56. Write a thank you note for your mail carrier.
57. Make dessert for a neighbor.
58. Send a nice card to a service member or veteran.
59. Donate food to the food pantry.
60. Donate outgrown clothes.
61. Donate gently used games or toys.
62. Donate new/gently used items to a donation center.
63. Write kind chalk messages on the sidewalks in town.
64. Take treats or cards to the Police or Fire Station.
65. Leave a few heads-up pennies on the sidewalk.
66. Donate a book to a Little Free Library.
67. Thank service members & veterans you see.
68. Fill a kindness jar with notes or treats for a friend or another family.
69. Make a thank you sign for the sanitation workers.
70. Make muffins for a community business/organization.
71. Volunteer to do something for your community.
72. Offer to help someone unload groceries at the store.
73. Leave change or a kind note for someone to find.
74. Take a walk outside with someone.
75. Do a chore for someone anonymously.
76. Tell a joke to someone who could use a laugh.
77. Help clean up a mess that you didn't make.
78. Let someone go ahead of you in line.
79. Give a compliment to someone new.
80. Leave a kind surprise on someone's doorstep.
81. Pass out stickers to kids waiting in line.
82. Say hello to everyone you see.
83. Hold the door open for someone.
84. Share something you have with someone who needs it.
85. Use helpful words all day - no hurtful words.
86. Teach someone something new.
87. Truly listen when someone is talking to you.
88. Offer your help to someone who might need it.
89. Bring a healthy surprise for someone.
90. Make a homemade gift for someone.
91. Clean up your messes without being asked.
92. Make a thank you card for someone.
93. Smile kindly at everybody. It's contagious.
94. Use both sides of the paper when writing/drawing.
95. Turn off the lights when everyone has left the room.
96. Use reusable bags at the grocery store.
97. Turn off the water while brushing your teeth.
98. Feed the birds.
99. Pick up litter.
100. Plant something and help it grow.

BONUS: Create your own plan to be kind, and complete it!
Please attach a sheet and tell us what you did.