

# 5 "BE KIND" ACTIVITIES



## "Love" Letters

Pick a group like healthcare workers, first responders, or local military/veterans to send thank-you notes and some love. You can even check out Weber-Morgan's link [bit.ly/wmprevention](https://bit.ly/wmprevention) to send one for you!



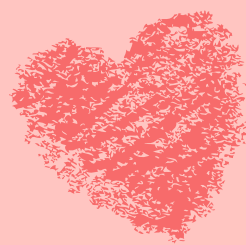
## Art Display

Displaying art is a great way to share love and kindness, especially if the theme is based on- you guessed it- love and kindness. Pick a walking traffic hot spot in your school or classroom and share the love.



## Social Media Break

For older kids/teens, issue a Social Media Break. Have a poster with " \_ days Social Media Free" or sign a pledge. Encourage other forms of connection and/or the wall of kindness as a form of selfkindness.



## "Chalk-Up" Kindness

With permission, "Chalk-Up" the playground, sidewalks, or any other outdoor areas around schools and/or classrooms with chalk messages of support, quotes, uplifting messages, and kindness.



## Connection Chain

Build a connection chain; suggest activities for kids to connect with parents and friends during this time and provide paper chain "links" they can connect each time they complete an activity as they build a larger chain for display. Examples might include family dinner, a special family or one-on-one parent and child activity, reading to a younger sibling, service for a neighbor, etc.