

Country Isles School Pledges To Do One Act Of Kindness a Day For 17 Days In Honor Of MSD

Student Name:

Teacher Name:

- **Friday, January 29, 2021** – Compliment a stranger
- **Saturday, January 30, 2021** – Do something kind for a sibling or parent today
- **Sunday, January 31, 2021** – Pick up litter in your neighborhood or nearby park today
- **Monday, February 1, 2021** – Hold the door for someone today

- **Tuesday, February 2, 2021** – Thank a teacher today on your Teams calls or face to face
- **Wednesday, February 3, 2021** – Leave a kind note for someone today

- **Thursday, February 4, 2021** – Put your cell phone away and give your undivided attention to your family at dinner
- **Friday, February 5, 2021** – Make someone laugh today

- **Saturday, February 6, 2021** – Leave sticky notes with kind messages in random places around your house today
- **Sunday, February 7, 2021** – Leave water and/or snack for delivery drivers today

- **Monday, February 8, 2021** – Email a shout out to a friend, teacher, or staff
- **Tuesday, February 9, 2021** – Help a sibling or friend with homework today

- **Wednesday, February 10, 2021** – Talk to a friend or family member that you haven't spoken to in a while today
- **Thursday, February 11, 2021** – Help someone in need today

- **Friday, February 12, 2021** – Tell your parents and/or siblings how much you love them today
- **Saturday, February 13, 2021** – Do a chore for your parents today

- **Sunday, February 14, 2021** – Do something kind for yourself today such as a positive affirmation, 10 minutes of mindfulness, or anything that is self-care