



# OES KINDNESS CHALLENGE

Dear Students and Families,

I miss you! I would like to take this time to offer you a challenge! The challenge is simple. Please send me a short video or email of any act of kindness that you do.

**Example:** A student may help grandma dust. The student and grandma can send a short video that says, "**Hi my name is:** Student name **I am in:** Tell your grade and who's your classroom teacher

**Today I took the kindness challenge:** I helped my grandma dust. **It made me feel:** express your feeling. Grandma or family are also welcome to be in the video if they wish and express their thoughts. **Please send the video or email to Mrs. Pebbles at:** [pebbles.peterson@oconto.k12.wi.us](mailto:pebbles.peterson@oconto.k12.wi.us)

I will also be contacting you by phone, so you are welcome to share your acts of kindness through this avenue as well. If you need ideas, I can help. Let's make this break a positive one! How better to celebrate than to share the many great things you are doing with your families! Below are just a few ideas. I know you will have many more to add. Use your imagination! I can't wait to see what acts of kindness you are up to! As I receive your acts of kindness, I will share them on our school website.

Mrs. Pebbles

OES Guidance Counselor

## IDEAS

set a goal to do reading and math every day and follow it!

Be kind to yourself and clean your room!

Use your words. Say something nice to someone!

Write a note of thanks to someone.

Feed your pet.

Spend quality time playing a game with someone.

Help make a meal.

Make an ideas book for your club!

Be kind to your brain. Read a book.