



WEEK 19



February 16th
National Almond Day

<https://www.factsjustforkids.com/food-facts/almond-facts-for-kids.html>



February 17th
National Random Acts of Kindness Day

Did you know there are scientifically proven benefits of being kind?

<https://www.randomactsofkindness.org/the-science-of-kindness>

Random Acts of Kindness

Look around your neighborhood. How can you infuse a little kindness while still social distancing? Think about simple ideas- chalk messages, hearts on mailboxes, Uplifting notes on doorsteps. The sky's the limit and we could all use some unexpected kindness these days! If desired, share your RAK and how it made you feel with the rest of the class

Being Kind Online

Do you text, email, or play live online games? If so, how do your words and actions demonstrate kindness? Rate yourself on a scale of 1-10 in each situation. 1 being completely mean and 10 being exceptionally kind. Next, pick one area to increase your kindness level.