

# The Great Kindness



## Challenge

February 28-March 4

VRES is showing off our big hearts!! Help us with these acts of kindness.

Monday,  
February 28

Be Kind to  
Yourself

- ★ Take a mindful breath
- ★ Treat yourself!

Tuesday,  
March 1

Be Kind to  
Family Members

- ★ Find a job that needs to be done around the house
- ★ Give a hug

Wednesday,  
March 2

Be Kind to  
Classmates

- ★ Invite a classmate to play with you

Thursday,  
March 3

Be Kind to Your  
Friends

- ★ Call or message a friend you haven't seen in a while

Friday,  
March 4

Be Kind to Your  
Neighbors

- ★ Smile and wave to a neighbor when you pass