

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	Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4
<p>Be Kind to Yourself</p> <ul style="list-style-type: none">★ Take a mindful breath★ Treat yourself!	<p>Be Kind to Family Members</p> <ul style="list-style-type: none">★ Find a job that needs to be done around the house★ Give a hug	<p>Be Kind to Classmates</p> <ul style="list-style-type: none">★ Invite a classmate to play with you	<p>Be Kind to Your Friends</p> <ul style="list-style-type: none">★ Call or message a friend you haven't seen in a while	<p>Be Kind to Your Neighbors</p> <ul style="list-style-type: none">★ Smile and wave to a neighbor when you pass