Warm Wednesday

Today our focus is on spreading kindness and connecting to those around you. The power of human connection can go a long way. The impact of kindness can help others and most of all, YOU! During this time, we need each other. Connecting with your friends and family can increase your happiness. Smiles are contagious! In this world we cannot control many things, we can control how we treat others and spread kindness.

Tips:

Getting involved in something bigger than yourself or doing nice things for others can give you a mental health boost. If you can't see the people you care about every day, send them a text or make a phone call; it will make their day and yours!

Activities:

Send a kind message- Create a kind message for a friend or family member. Whether they chose to draw a picture, write a letter, send a virtual message or video. Reach out to another person and spread kindness.

Random acts of kindness for your family- do something nice for someone else without expecting anything in return. This can bring others happiness and bring you happiness and positivity as well.

Kindness Wall- Build a kindness wall of sticky notes or paper and tape in their homes. Write kind messages for their family members. They can take a note and leave a note for someone else.

Have You Filled a Bucket Read Aloud- Click and watch the YouTube link posted below. Have a conversation about the importance of spreading kindness and positivity in our world.
https://www.youtube.com/watch?v=OpF8LVZoClE

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