



A Week of Kindness

February 13th – 17th

Postcard Pick-Me-Ups

Decorate and write a note to lift the spirits of someone who is ill or sad.

For more information, go to www.postcardpickmeup.org

Monday: *Start with Hello*

A simple hello can lead to a million things!
Take Action! Make everyone feel included at WPS!



Tuesday: *Kindness Notes*

Notice and share your kind thoughts with friends and family.



Wednesday: **Give a Smile**

If you see someone without a smile, give them one of yours! Smiling is contagious!
It keeps our brains happy and healthy.

Thursday: **You Matter**

You are the only you there will ever be!
That's a pretty big deal! Tell someone they matter!

Jump Rope for Heart Event

Building healthy hearts and showing others we care.

Friday: **Free Friday – Your choice!**

Make someone feel special!