




Frank R. Conwell Middle School 4
Kindness Week, February 14 - February 18, 2022

<p align="center">Monday February 14th</p> <p align="center">Gratitude Day</p> <p>Write a letter or note to a staff member or teacher, letting them know how much you appreciate them!</p> <p align="center">OR</p> <p>Text someone special in your life and let them know you appreciate them!</p> <p align="center">#gratitudeandkindness</p>	<p align="center">Use the hashtag below this week</p> <p align="center">#MS4kindnesschallenge</p>	<p align="center">Tuesday February 15th</p> <p align="center">Pay it Forward Day</p> <p>Complete an activity below</p> <ol style="list-style-type: none"> 1. Allow someone to skip you in the lunch line. 2. Honor time and get to school early! No tardiness! 3. Pick up trash in the hallway. 4. Compliment someone you don't know. <p align="center">#MS4WizardsRock</p>
<p align="center">Wednesday February 16th</p> <p align="center">Social Media Positivity Day</p> <p>Spread positivity throughout social media today! Make a positive comment on a post, share a kind quote, or positive/uplifting image.</p> <p align="center">#socialmediakindness</p>		<p align="center">Thursday February 17th</p> <p align="center">Post-It Day</p> <p>Write positive words or phrases and give them to your homeroom teacher to display in the classroom.</p> <p align="center">#spreadkindwords</p>
	<p align="center">Monday-Friday Random Acts of Kindness</p> <p>Complete random acts of kindness throughout the week. How much kindness can you spread?</p>	

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