

December
2016

KIDS2KIDS

Students Uniting to Create Positive Change

Coalition for Healthy and
Safe Communities
61 Spring Street, Newton, NJ
Phone: 973-383-4787
www.centerforprevention.org
Contact Tina or Jenn



Get Ready For The Great Kindness Challenge— January 23-27, 2017

The Great Kindness Challenge is a proactive and positive bullying prevention initiative that improves school climate and increases student engagement. It is one week devoted to performing as many acts of kindness as possible.

All kids deserve to learn in a safe, supportive and dynamic environment. The Great Kindness Challenge provides a powerful tool that actively engages students, teachers, administration, families and communities in creating a school culture of acceptance, tolerance, unity and respect.

How do you celebrate The Great Kindness Challenge? Anyone can participate in this week long event! Students, grade pre-k through high school are encouraged to participate. It is easy! Simply use the checklist on the back of this newsletter and distribute it to all students. Using the checklist students work independently, in small groups or as a whole class to complete all 50 challenges.

The Great Kindness Challenge Toolkit is FREE and is full of even more great ideas to celebrate this week! For more information about The Great Kindness Challenge check out www.greatkindnesschallenge.org.



Jesse Ruben Visits Hopatcong School District

Jesse is a 30-year-old Brooklyn, NY-based musician who said he would run the New York City Marathon. He ran the marathon in 2010 and right after wrote and recorded the song "We Can" with the hopes to encourage others to get out and run the marathon.

"I ran a marathon when no one thought I could. I didn't always want to but I said that I would. And I learned a lot about what I can do," Jesse stated.

In October, Jesse visited Hopatcong district by meeting with the elementary students of Tulsa Trail and Hudson Maxim schools. Later that week he presented for the community at Hopatcong High School.

Jesse's "We Can Project" mission is: *a project-based learning initiative that inspires and profoundly connects students of all ages to the difference they can make in their lives, their communities, and in the world.*

To learn more about Jesse and his initiative check out his website:
<http://www.wecanwecanwecan.com/>



"You are
BRAVER
than you
believe,
STRONGER
than you
seem and
SMARTER
than you
think."

Christopher Robin

Kids for Peace presents



The Great Kindness Challenge

We challenge you to perform as many kind deeds as you can in one day. Using this list, check off your acts of kindness as you go. Have fun!



Presented by
Dignity Health.

Acts of Kindness Checklist

- ☺ Smile at 25 people
- ☺ Take a treat to your local firefighters
- ☺ Do a household chore without being asked
- ☺ Pick up trash in your neighborhood
- ☺ Take a board game to play at a senior center
- ☺ Read a book to a younger child--
- ☺ Say "Thank you" to a police officer
- ☺ Entertain someone with a happy dance
- ☺ Help an elder cross the street
- ☺ Push someone on a swing
- ☺ Pick up trash at the water's edge
- ☺ Make a new friend
- ☺ Write a thank you note to your mail carrier
- ☺ Walk a dog (or cat!)
- ☺ Plant a tree
- ☺ Say "Hi" to a homeless person
- ☺ Learn to say "Thank you" in a new language
- ☺ Help clean up a park
- ☺ Say "Thank you" to a lifeguard
- ☺ Write a love note to your caretaker
- ☺ Paint a picture and give it to someone
- ☺ Host a lemonade stand and donate proceeds
- ☺ Recycle your trash
- ☺ Hug your sibling or friend
- ☺ Cut out 10 hearts and leave them on 10 cars
- ☺ Donate needed school supplies
- ☺ Thank a bus driver
- ☺ Leave a flower on someone's doorstep
- ☺ Donate something to an animal shelter
- ☺ Call your grandma or grandpa
- ☺ Walk or bike instead of driving
- ☺ Make a thank you card for your librarians
- ☺ Thank an elected official for their service
- ☺ Say "Good Morning" to 5 people
- ☺ Be kind to yourself and eat a healthy snack
- ☺ Deliver a special gift to a child in the hospital
- ☺ Draw a heart in the sand or dirt
- ☺ Send a card or gift to a military family
- ☺ Make a wish for a child in another country
- ☺ Donate food to a food bank
- ☺ Hold the door open for someone
- ☺ Write a happy message with sidewalk chalk
- ☺ Leave a painted rock on a friend's doorstep
- ☺ Make sack lunches for the homeless
- ☺ Compliment 5 people
- ☺ Make and display a "Kindness Matters" sign
- ☺ Call a radio station and wish them a nice day
- ☺ Sweep the sidewalk on your street
- ☺ Help plant a garden
- ☺ Create your own kind deed

Please visit our website to share your stories, photos and videos of kind deeds.

www.greatkindnesschallenge.org

