

February
2020

KIDS2KIDS

Students Uniting to
Create Positive Change

Coalition for Healthy and
Safe Communities
61 Spring Street, Newton, NJ
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Contact Tina or Jenn

Kindness Rocks Project at Sussex County Charter



At the beginning of this school year Charter's National Junior Honor Society students came up with a way to spread kindness around the school. Students decided they wanted to put their own twist on the Kindness Rocks Project, they collaborated with their Art teacher, Ms. Anderson. During Art classes, students painted and designed rocks with kind gestures, quotes and/or

sayings. The rocks were then placed around the gardens on the school's campus with a sign that read:

We've designed these rocks just for you!

If you find one that speaks to you:

- ◇ ***Take it into consideration***
- ◇ ***Use it as inspiration***
- ◇ ***Share one for motivation***
- ◇ ***And help our garden grow!***

THE KINDNESS
Rocks PROJECT



RANDOM ACTS OF KINDNESS WEEK 2020 FEBRUARY 11TH—FEBRUARY 17TH

Celebrate Random Acts of Kindness Week

1. Start very simply— Text a friend you haven't spoken to in awhile and remind them they are awesome!
2. Find a volunteer opportunity in your community
3. Leave a kind comment on a classmate's desk or locker
4. Donate your loose change to a local charity
5. Share a song with a positive message with your class
6. Sit with somebody different at lunch
7. Help clean up trash off the street
8. Hold the door open for someone
9. Wave to passing cars
10. Help make dinner
11. Smile at 10 people
12. Thank a Police Officer, Mail Person, Firefighter or EMT
13. Help somebody with their homework
14. Give somebody a compliment

if we all do
one random act of
kindness daily
we just might set
the world in the
right direction

martin kornfeld

Kindness Rules

Treat people how you'd like to be treated.

Say I Love You. Write Loving Notes.

FORGIVE. Give. Respect Everyone.

DON'T HURT OTHERS ON THE INSIDE, OR OUTSIDE

Say PLEASE and THANK YOU and *mean it*.

Hug. Listen. BE NICE. Say Good Morning.

DON'T ASSUME. Apologize. Share.

LEND. SMILE. ENCOURAGE. INSPIRE.

Tell the Truth. **LET EVERYONE PLAY.**

PLAY FAIR. Hold Doors. *DO ALL THE GOOD*

YOU CAN IN ALL THE WAYS YOU CAN.

