

January 2025

Dear South Davis Families,

The OPCSD is proudly participating in **The Great Kindness Challenge of 2025!** It is a week long program dedicated to creating a culture of kindness and compassion in communities worldwide from **January 23-31**. Did you know that deliberate acts of kindness can lead to increased happiness?

To help our South Davis students practice kindness and put their compassion into action, we will be having Spirit Days to encourage all students to complete as many acts of kindness as possible at school and outside of school, too! To help keep the conversation going, and hopefully inspire acts of kindness, you will find a checklist of possible ideas on the back of this paper. During January 21-27 Health and Wellness Classes, the students will be talking about what it means to be kind. They will create paper flowers to pair with the Staff Valentine Cookies for Community Citizens (Fire department/ Police/ town offices/ food pantry volunteers/ assisted living facilities). Our focus in school will be "Cafeteria Kindness". The cafeteria monitors will be acknowledging kind acts by putting student's names on a heart to be displayed on a bulletin board in the cafeteria. The students will also be featured on SDTV. Together, let's lift each other up, cheer each other on, and show the world that KINDNESS MATTERS!

Sincerely,
All of the South Davis Elementary Staff



op health
& wellness

ORCHARD PARK CSD

GREAT KINDNESS CHALLENGE 2025

SPIRIT DAYS

Friday 1/24/25 <small>Kickoff to Kindness!</small>	Monday 1/27/25	Tuesday 1/28/25	Wed 1/29/25	Thursday 1/30/25	Friday 1/31/25
Quaker Kindness Day 	Shine Bright With Kindness 	Crazy For Kindness 	Lunar New Year 	Team Up For Kindness 	Dream Of A Kinder World 
Wear OP Gear	Wear Neon Colors	Dress Mismatched	NO SCHOOL	Wear Your Favorite Sports Gear	Wear PJ's





The Great Kindness Challenge.

FAMILY EDITION

Create a kinder world.
Take a week, a month or a year.
Have fun and complete as many
acts of kindness as you can.

Your Kindness Matters!

Kind Acts

- ☐ Smile at 25 people
- ☐ Take a treat to your local firefighters
- ☐ Do a household chore without being asked
- ☐ Donate something to an animal shelter
- ☐ Read a book to a younger child
- ☐ Make a thank you card for your librarians
- ☐ Entertain someone with a happy dance
- ☐ Create a family gratitude jar
- ☐ Cheer for every player on both teams
- ☐ Deliver a special gift to a child in the hospital
- ☐ Make a new friend or welcome a new neighbor
- ☐ Send a card or gift to a military family
- ☐ Walk or pet an animal - but ask first!
- ☐ Go a full day without complaining
- ☐ Hold the door open for someone
- ☐ Learn to say "Thank you" in a new language
- ☐ Embrace your family with a big hug
- ☐ Teach something to a younger sibling or friend
- ☐ Write or draw a loving note for someone
- ☐ Make and display a "Kindness Matters" sign
- ☐ Raise funds and donate to your favorite cause
- ☐ Watch the sunrise or sunset together
- ☐ Breathe, stretch and think a happy thought
- ☐ Cut out 10 hearts and leave them on 10 cars
- ☐ Thank a bus driver
- ☐ Leave a flower on someone's doorstep
- ☐ Be kind to yourself and eat a healthy snack
- ☐ Call your grandparents or esteemed elder
- ☐ Walk or bike instead of driving
- ☐ Say "Thank you" to a police officer
- ☐ Bake cookies and share with your neighbors
- ☐ Say "Good Morning" to 5 people
- ☐ Pick up and recycle trash in your neighborhood
- ☐ Take a family walk outside
- ☐ Draw a heart in the sand or dirt
- ☐ Write a thank you note to your mail carrier
- ☐ Make a wish for a child in another country
- ☐ Volunteer in your community
- ☐ Say "Hi" to someone who looks sad
- ☐ Write a happy message with sidewalk chalk
- ☐ Paint a kindness rock and randomly place it
- ☐ Share food with someone who is hungry
- ☐ Sincerely compliment 5 people
- ☐ Post a positive message on social media
- ☐ Let someone go ahead of you in line
- ☐ Help plant a garden
- ☐ Reflect on kindness you witnessed during the day
- ☐ Create your own kind deed



#GreatKindnessChallenge
www.greatkindnesschallenge.org



FREE APP!