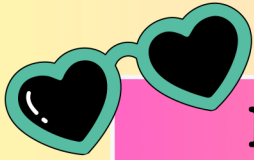


be kind.

KINDNESS WEEK THEMES!

Feb 12-16, 2024



Monday - Kind is the New Cool!



Show your kindness by sharing it with others. Post on socials, talk about kindness, and of course, be kind all day!



Tuesday - Be Kind to All Kinds!



Show kindness today to all kinds: animals, the Earth, people different from us. Everyone and everything needs kindness.



Wednesday - Random Acts of Kindness!



How many random acts of kindness can you complete today?



Thursday - Be Kind to Your Mind!



Be kind to yourself today, you're worth it! Showing kindness to yourself promotes positive mental health and reduces stress.

Friday - Celebrate Kindness!

Dress up (or down) in your kindness gear or wear red to help us celebrate kindness in our community.

Don't forget to take pictures and post them on social media!
Tag us @SusquehannaValleyUW with the hashtag #BeKind2024.