

It's a Day of Pink at Caledon East.

Spread the word. Be an activist. Start the change.



Suggested activities for your week!

<https://www.smore.com/rmra1>

Chain of Hope

You'll need class sets of coloured strips of paper. Once you have viewed some videos off our official [Caledon East Day of Pink Site](#) and after all the great class discussion you have had prior to this week, ask students to write on their strip of paper one or more of the following (allow students to also come up with their own ideas of what to write):

- ✓ An apology to someone you may have bullied
- ✓ A message of hope or inspiration to kids who are bullied
- ✓ A promise to never be a bully and/or to stand up for someone being bullied
- ✓ A poem about bullying A tip for someone experiencing bullying
- ✓ A compliment to another student in the school or staff member

Collect all the strips of paper and display "CHAIN OF HOPE", offering inspiration to all our students to see.

My Day's Schedule:	Activity:	How did it go?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		

Caught You Caring: You've been caught with character!

Say cheese because we caught you caring. Take photos of students showing kindness around the school and classroom throughout the week and display (slideshow, photo wall, scrolling on LCD) as you showcase your morning agenda or announcements!

Spread the Love

Choose a 5 minute time block to allow and encourage all students to pull out their cell phones and spread the cyber-love. Yeah, yeah...we know that cell phones are subject to some debate about their use here, but.....for just 5 minutes we can spread so much positive love it will be well worth bending the rules just this once.

Encourage students to take this seriously and send messages of inspiration, kind words, a compliment, a positive emoticon, etc. Make it a class challenge to see how many texts they can send in 5 minutes (they are pretty fast on those things) & wait to see how many messages the kids in your classes receive.

Pay it Forward Challenge

Classes are asked to "Pay It Forward" all week in our community. These good works could include the following but are not limited to:

- ✓ Garbage Pick Up at local establishments
- ✓ Garbage Collection on our walking paths
- ✓ Yard work in the neighbourhood
- ✓ Leave "thank you" notes in your classrooms for custodians
- ✓ Clean up the school grounds

Sit with a stranger at lunch and make a new friend (we dare you)

Questions for Discussion

1. What is your definition of kindness?
2. Have you ever felt disappointed or cheated because you did something nice for another person, but he or she did not return the favor?
3. If you expect to get something back, are you then performing a kind act or are you really trading favors for favors?
4. Re-tune your definition of kindness. Has anyone ever done something for you anonymously, without expecting something in return?
5. Do one generous act each day and then write down how you feel afterwards.