






Red Ribbon Week 2020

10/26/2020–10/30/2020

Healthy Choices: Say no to drugs and bullying and yes to kindness!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>“I’m ‘Redy’ to make healthy choices.” Show support by wearing red!</p> 	<p>“Team up for healthy choices!” Show support by wearing your favorite sports team shirt.</p> 	<p>“In a world where you can be anything, be kind!” Show support by wearing your favorite “Disney” attire!</p> 	<p>“No matter where I go, I make ‘pawsitive’ choices.” Show support by wearing a shirt with a positive message!</p> 	<p>“Miss or Mr. Alaineus acts of kindness Day!” Show support by choosing a vocabulary word and dress up to represent that word/definition!</p> 
<p><u>Kindness Challenge:</u> Tell someone in your class something you admire/like about them!</p>	<p><u>Kindness Challenge:</u> Team up with someone in your classroom group, to identify five ways to be kind to others.</p>	<p><u>Kindness Challenge:</u> Smile at 25 people!</p>	<p><u>Kindness Challenge:</u> Write a sweet card or note for another student or staff member!</p>	<p><u>Kindness Challenge:</u> Do miscellaneous acts of kindness for others while at school. Examples include; opening the door for others, picking up items that have fallen on the floor, or giving a compliment.</p>