January 2021 Kindness Week

"Show Random Acts of Kindness
In recognition of Kindness Week...

Monday, January 25	Tuesday, January 26	Wednesday, January 27	Thursday, January 28	Friday, January 29
Place a nice note on a family member's pillow. 	List ten things you are grateful for. 	Be kind to yourself & eat a healthy snack. 	Learn something new about your teacher. 	Create your own kind act.
"People never will forget how you made them feel." Maya Angelou	"When you look at life through the eyes of gratitude, the world becomes a magical and amazing place!" *Jennifer Gayle*	"Every time you eat is an opportunity to nourish your body. Be active, be healthy, be happy! Author Unknown	"Anyone who does anything to help a child in his life is a hero to me" Fred Rogers	Kindness is a gift everyone can afford to give." *Author Unknown*