
World Kindness Week

November 8 - November 12



All OES students are encouraged to participate in this ripple effect movement. Please remember to wear sneakers and school appropriate clothing each day.

"The world is full of kind people. If you can't find one, be one." - Unknown

Monday: Hello Sunshine Wear your uniform (**gold uniform shirt if you have one**) with yellow accessories (hat, socks, etc.) Share a compliment or thank you with a friend, classmate, or family member.

Tuesday: World Peace Wear your uniform (**blue uniform shirt if you have one**) with blue accessories (hat, socks, etc.) Write an uplifting message to a friend, classmate, or family member.

Wednesday: Star Spangled Students Wear a patriotic shirt with uniform bottoms, to show kindness and support to our Veterans.

Thursday: Veterans Day (No School) Show kindness and gratitude by thanking a Veteran for their service to our country.

Friday: Color the World with Kindness Wear a kindness shirt along with a cardigan in honor of Mr. Rogers. Color and display Kindness Posters outside your classroom door.

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"There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind." - Fred Rogers

What is World Kindness Day?

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. The purpose of this day, celebrated on November 13 of each year, is to help everyone understand that **compassion for others** is what binds us all together. Every kind act, even the smallest one, creates a ripple effect you can't begin to imagine. The World Kindness Movement and World Kindness Day are meant to inspire you to believe that we can make a global difference one act at a time.

How Do You Celebrate?

Go out of your way to be kind to others, whether that be at home, work, school, or just out in public. Celebrate by pledging to do at least one intentional act of kindness each day that week to benefit someone else. It can be as straightforward or as involved as you like. No matter what you decide to do, your act of kindness will unite you with others dedicated to changing the world one kind act at a time.

This day is also meant to celebrate and encourage the good deeds that others already do. Be sure to let others around you know how much you appreciate their kindness and generosity. Sometimes saying, "thank you," is one of the kindest things you can do and probably isn't heard as often as you'd think!

Kindness Activities for Students:

<https://ripplekindness.org/9-kindness-activities-for-students-for-random-acts-of-kindness-day/>

What are some Benefits?

It pays to be kind. People who are constantly kind produce 23% less cortisol, which is the stress hormone — because of the lower levels of stress, people who practice kindness age slower than the average population.

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Kindness is contagious. Researchers from the Stanford Social Neuroscience Laboratory found that when people see someone else being kind, they are more likely to act kindly towards others themselves.

It lowers blood pressure. Emotional warmth releases the hormone oxytocin, which dilates the blood vessels and therefore lowers your blood pressure.

Thank you for inspiring kindness every day. We need more kindness, now more than ever!