# Kindness Spirit Day Ideas

| **Title of Day** | **Explanation** |
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| COLOR DAYS | Every day of the week is a different color and the color is connected to kindness. For example…   * GREEN for GRATITUDE (say thank you to three people today) * ORANGE FOR HELPFULNESS (find a way to be helpful today) * YELLOW FOR POSITIVITY (keep a positive attitude even when it is hard- smile) * RED FOR SELF LOVE (think of something that makes you special, unique, or talented) * FAVORITE COLOR DAY (celebrate the fact that we are all different and that makes the world even more beautiful) |
| CRAZY HAIR or SOCK DAY | Because we are crazy for kindness! |
| PJ DAY | We dream of kindness. |
| TIE DYE DAY | Peace, Love and Kindness |
| SUPERHERO DAY | Kindness is my superpower |
| HAT DAY | Hats off to kindness wear your favorite winter hat |
| Team Up for Kindness | Score points by helping others; wear sports/college attire |
| Respecting Differences | Wear different pattern or color clothes |
| Kindness Rocks | Dress like a rockstar and give out notes of compliments |
| Round Up Some Kindness for one another | Wear western wear |
| Twin Day | Double the Kindness: wear the same clothes as a friend, sibling (or anyone else) |
| Throwback Kindness | Dress like the 90’s, 80’s or 70’s |
| Kindness makes the heart grow | Wear red or pink (Valentine’s Day) |
| Kindness Ties Us Together | Wear a Tie |
| Mismatch Day | Accepting each other for our differences is kind |
| Don’t Sweat the Small Stuff | Wear your favorite sweatshirt or sweater |
| Kindness Shines | Wear neon, glittery or sparkly clothes |
| You’re Never Too Old to Be Kind….. or Kindness Lasts Forever | Dress like a 100 year old! |
| It’s Your Job to Be Kind | Dress like a professional; dress in your favorite career clothes |
| Have a Heart for Kindness | Get InspiRED to show kindness to others and wear RED |
| Kindness Messages Day. | Spread Kindness by writing kindness messages, classrooms swap with different grade levels. Students pass out to staff members. |
| Bookmark Day | Create kindness bookmarks and share them with the library (basket of bookmarks for kids to take. We hid some in a few books in the library too. |
| Poem In your Pocket Day | Have a kindness poem or quote in your pocket. Have a morning meetings to share out your poem or quote. |
| Small Stuffy Day | Kindness feels warm and fuzzy. |