



BE THE FORCE FOR KINDNESS WEEK

SPACE EXPLORATION GUIDE

ONGOING MISSIONS FOR THE WEEK

- *Complete The Great Kindness Challenge Checklist
- *Purchase Be Kind items from Kind Cotton...Help put a book in the hands of a child!
- *Donate snack items for The Jedi Compassion Project and help Support Our Troops
- *Dark Side vs. Light Side Team Challenges in PE with Mr. Manny

SPACE STATION ACTIVITIES

- *Create your own Be a Force for Kindness Symbol Activity (See attached flyer)
- *Daily Conversation Starters about Kindness and Friendship
(In your Be a Force for Kindness Leader Toolkit)
- *Kindness Troopers writing activity (in your Be a Force for Kindness Leader Toolkit)
- *Kind is the Way Activity - Create your own Paper Yoda (In your Be a Force for Kindness Leader Toolkit)

MINDFUL MONDAY

Kindness Pledge

Daily Quote:

"If you want others to be happy, practice kindness.

If you want to be happy, practice kindness." –The Dalai Lama

Mission of the Day: Yoda Yoga – Yoga you must do, Calm you will be!

During recess, students will have fun learning different Yoda inspired yoga poses!

CLONE TROOPER TUESDAY

Daily Quote: "Try to be a rainbow in someone's cloud." –Maya Angelou

Mission of the Day: During recess, students will have the opportunity to play Tower of Friendship Jenga and get to know one another with fun and engaging questions.

WOOKIEE WEDNESDAY

Daily Quote: "Be kind to every kind, not just mankind." –Anthony Douglas Williams

Mission of the Day: Reach for the Stars with Kindness! Students will have the opportunity to complete a Kindness Star by writing or drawing five different ways to be kind to people and animals.

THOUGHTFUL THURSDAY

Daily Quote:

If you can't think of anything nice to say, you are not thinking hard enough." –Kid President

Mission of the Day: Students will take the time to see the good in others and make "Compli-mats" for each KSES staff member.

FEEL THE FORCE FRIDAY

Daily Quote: "Alone we can do so little. Together we can do so much!" – Helen Keller

Mission of the Day: During recess, students have the opportunity to create Star Wars themed bookmarks to give to other students in Library.

ValenKIND's Day Candy grams will be delivered in the afternoon

DAILY JEDI COUNCIL MEETINGS

At the end of each day, ask your students how they showed kindness today to animals, each other or the environment: What did they do? Why did they do it? How did they feel after? How did others involved feel after? What are some ways we can do better tomorrow?

