









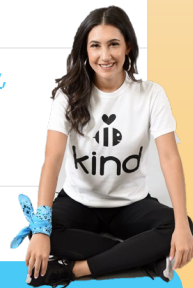


Be Kind Daily



The Be Kind People Project wants to encourage students to use The Be Kind Pledge while continuing at-home studies. The daily schedule focuses on character, health and wellness, and being a responsible part of the household.

TIME	DAILY ACTIVITIES	PUT THE BE KIND PLEDGE INTO ACTION
8-9 AM	 Morning Routine Be Positive	<ul style="list-style-type: none"> <input type="checkbox"/> Be Responsible: Get a head start on a healthy day by drinking a big glass of water. <input type="checkbox"/> Be Positive: Trying a morning meditation using mindfulness exercises. Headspace is a great resource. <input type="checkbox"/> Be Thankful: Write in a gratitude journal! How do you keep your body healthy? ➤ <i>Family Discussion: How can you stay active?</i>
9-10 AM	 Academics Be Smart	<ul style="list-style-type: none"> <input type="checkbox"/> Be Encouraging: BE KIND CREW member Reach gets us moving and grooving by reviewing our Moves of the Month from August to December! <input type="checkbox"/> Be Supportive: Read a book about healthy habits. Check the Scholastic website for more books! ➤ <i>Family Discussion: What is your favorite exercise?</i>
10-11 AM	 Screen Time Be Kind Online	<ul style="list-style-type: none"> <input type="checkbox"/> Be Responsible: Learn how you can check your pulse with Sunny on YouTube! <input type="checkbox"/> MOVE: Download and print our March Fitness Challenge "Be Healthy Bingo"! Try to get BLACKOUT this week. <input type="checkbox"/> Visit BrainPop and BrainPop Jr for some fun games about Health and Fitness! ➤ <i>Family Discussion: How can you be safe online?</i>
11-12 PM	 Stretch Be Fit	<ul style="list-style-type: none"> <input type="checkbox"/> Strengthen: Give yoga a try. It's an excellent way to keep your muscles healthy. <input type="checkbox"/> Stretch your brain with a puzzles, riddles, or word games. ➤ <i>Family Discussion: What is your favorite stretch?</i>
12-1 PM	 Lunch Be Healthy	<ul style="list-style-type: none"> <input type="checkbox"/> Be Honest: Remember to wash your hands. Watch Akellz Wash Your Hands Rap. <input type="checkbox"/> Eat the Rainbow: Fill your plate with colorful fruit and vegetables! <input type="checkbox"/> Be Helpful: Ask to help clean up! Put ingredients away, clean dishes, or wipe down the counter. ➤ <i>Family Discussion: What is your favorite fruit and vegetable that's red?</i>
1-2 PM	 Chores Be Responsible	<ul style="list-style-type: none"> <input type="checkbox"/> Be Respectful: Help keep things clean! Wipe down frequently-used surfaces like doorknobs, cell phones, light switches, and remotes. <input type="checkbox"/> Be Responsible: Make a family chore chart. ➤ <i>Family Discussion: How can you be responsible?</i>
2-3 PM	 Free Time Be Creative	<ul style="list-style-type: none"> <input type="checkbox"/> Listen to our BE KIND theme song, "So Beautiful" featuring BE KIND CREW member Akellz! Check it out on Spotify, iTunes, and YouTube. Practice the Move of the Month and make your own move for Be Encouraging! <input type="checkbox"/> Create something out of common household items. <input type="checkbox"/> <i>Family Discussion: What are your favorite family board games?</i>
3-4 PM	 Healthy Habits Be Well	<ul style="list-style-type: none"> <input type="checkbox"/> BE ME and LOVE IT: Be kind to your mind. List 10 things you love about yourself. <input type="checkbox"/> Be Respectful: Enjoy quiet time, rest, or take a nap. <input type="checkbox"/> Be a Friend: Meet BE KIND CREW member, Sunny on our YouTube page! <input type="checkbox"/> <i>Family Discussion: What are your favorite healthy habits?</i>



Looking for more at home activities? Items with the bee icon can be found in The Be Kind School and The Be Kind Break. [CLICK HERE](#) to create a FREE account.

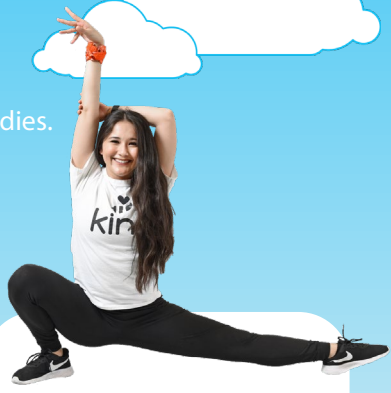












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How can you put The Be Kind Pledge™ into action today?

TIME	DAILY ACTIVITIES	TODAY I WILL:
8-9 AM	 Morning Routine Be Positive	
9-10 AM	 Academics Be Smart	
10-11 AM	 Screen Time Be Kind Online	
11-12 PM	 Stretch Be Fit	
12-1 PM	 Lunch Be Healthy	
1-2 PM	 Chores Be Responsible	
2-3 PM	 Free Time Be Creative	
3-4 PM	 Healthy Habits Be Well	





I pledge to

- Be Encouraging
- Be Supportive
- Be Positive
- Be Helpful
- Be Honest
- Be Considerate
- Be Thankful
- Be Responsible
- Be Respectful
- Be a Friend