










# Be Kind Daily

The Be Kind People Project wants to encourage students to use The Be Kind Pledge while continuing their at-home studies. This 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	 <b>Morning Routine</b> <b>Be Positive</b>	<input type="checkbox"/> Be Responsible: Get a head start on a healthy day by drinking a big glass of water. <input type="checkbox"/> Be Thankful: Write in a gratitude journal.
9-10 AM	 <b>Academics</b> <b>Be Smart</b>	<input type="checkbox"/> Be Kind: Read a book that has a positive message. <input type="checkbox"/> Be Supportive: Check out <a href="#">The Be Kind School</a> online classroom resources.
10-11 AM	 <b>Screen Time</b> <b>Be Kind Online</b>	<input type="checkbox"/> Be Positive: Stay connected with THE BE KIND CREW by checking out our <a href="#">YouTube</a> channel. <input type="checkbox"/> Be a Friend: Start a video call with a friend or family member.
11-12 PM	 <b>Stretch</b> <b>Be Fit</b>	<input type="checkbox"/> Be Respectful: Give yoga a try. It's an excellent way to keep your muscles healthy. <input type="checkbox"/> Be Supportive: Check out our fitness challenge videos on our <a href="#">YouTube</a> channel!
12-1 PM	 <b>Lunch</b> <b>Be Healthy</b>	<input type="checkbox"/> Be Responsible: Remember to wash your hands. <input type="checkbox"/> Be Honest: Fill your plate with colorful fruit and vegetables.
1-2 PM	 <b>Chores</b> <b>Be Responsible</b>	<input type="checkbox"/> Be Helpful: Make a family chore chart to help keep your space clean. <input type="checkbox"/> Be Considerate: Go out of your way to make a family member smile.
2-3 PM	 <b>Free Time</b> <b>Be Creative</b>	<input type="checkbox"/> Be Creative: Try a new hobby that you've never done before. <input type="checkbox"/> Be a Friend: Host a virtual talent show with your friends, classmates, or family members.
3-4 PM	 <b>Healthy Habits</b> <b>Be Well</b>	<input type="checkbox"/> Be Positive: Take some deep breaths to end the day on a positive note. <input type="checkbox"/> Be Encouraging: Create your own fitness challenge!

For more ways to put The Be Kind Pledge™ into action, check out [The Be Kind School](#) and view our [YouTube](#) channel.




Be Kind School



**kind**

I pledge to

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