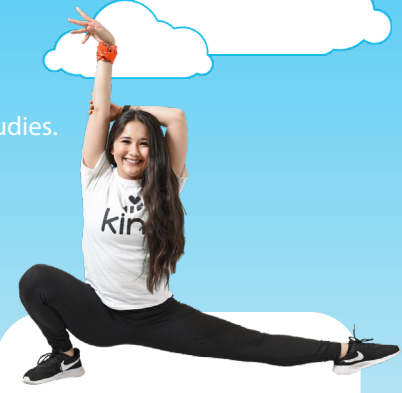












Be Kind Daily

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.



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