

# OCTOBER 2018

## Celebrate Kindness!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Start the Kind Acts Bingo Challenge <a href="#">here!</a> Take the Kindness Pledge!	Make & Do! Create a skit on bullying and how to respond with kindness.	Try It: write a thank you note or draw a picture for someone you love.	Write 5 positive sentences to say to your friends.	Visit the Dallas Public Library and read about how to stand up to bullying <a href="#">here</a>	Mail someone special a letter saying how much you appreciate them!	<a href="#">Be My Neighbor</a> Event! Celebrate kindness with KERA at the Dallas Heritage Village from 10am – 1pm.
Super Peg+Cat Sunday! <a href="#">Puppet Activity</a> .	Make & Do! Design your own poster with Anti-Bullying messages. Include photos of you and your friends.	Try It: Try new foods from around the world and discuss the importance of respecting different cultures.	<a href="#">Watch: Stand Up To Bullying</a>	Visit the Dallas Public Library and read about how to be kind to others <a href="#">here</a> .	<a href="#">National New Friends Day!</a> <a href="#">Talk to someone new today.</a> <a href="#">make as many new friends as you can!</a>	Make a delicious breakfast for your family! Try <a href="#">this</a> pumpkin spice French toast!
Super Peg+Cat Sunday! Make masks <a href="#">here</a> , <a href="#">here</a> and <a href="#">here!</a>	Make & Do! Make a <a href="#">jar</a> gift for your teacher or parent!	Try It: Discuss and discover different emotions and how to express them.	Unity Day! Wear orange to show support for kindness and bullying prevention.	Read The Jelly Donut Difference and write about how you sprinkle <a href="#">kindness</a>	Call a friend or family member to say something nice!	Help make lunch with <a href="#">this</a> yummy sandwich recipe!
Super Peg+Cat Sunday! <a href="#">Coloring Sheet Activity</a>	Make & Do! Draw what kindness looks like to you and have an art showcase!	<a href="#">Try it: Crumpled Paper Lesson</a> to learn the effects of bullying.	Happy Halloween! Compliment someone on their costume!			



### "I Do What I Can" Campaign

Celebrates children in grades 1-6 who demonstrate outstanding help, support, and encouragement of a younger child. To nominate a child who is making a difference, visit us at [kera.org/dowhatican](http://kera.org/dowhatican).

