

KINDNESS OUTREACH

Dear Parent{s)/Guardians:

This week is national "Random Acts of Kindness Week." Buena Regional High School will be celebrating the week with various kindness activities taking place in the cafeteria. The freshmen will have an entire outreach on kindness with the Peer Leaders.

Outreach Agenda:

- Video – created by Peer Leaders
- I like everybody who ...(does a RAK – Random act of Kindness)
- Picture/Quote game – ex. Kindness is difficult to give away because it keeps coming back = Picture of a boomerang
- Equally Frantic Activity - Students will be taught how to keep kindness in their heart while juggling busy schedules and possible negative influences
- Wave of Kindness Game- Students will play a board game that will promote kind gestures and compliments to classmates

This outreach is to promote kindness and not judging others. Please reinforce this lesson at home over the coming weeks. Thank you!

Misty Russo & The BRHS Peer Leaders