

# Just One

October 2007

Just  
One  
Note

You won't need a doctor for this epidemic!

Just one act of kindness a day can make a difference!

Kindness is contagious.....  
CATCH IT!

Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Help a classmate with a problem</i>	2 <i>Help a teacher clean up</i>	3 <i>Write a Thank You to someone</i>	4 <i>Pick up trash in your classroom</i>	5 <i>Help a classmate who is sad</i>	6 <i>Clean up your room</i>
8 <i>Write a Thank You note to your teacher</i>	9 <i>Say Please and Thank You</i>	10 <i>Play with a brother or sister without fighting</i>	11 <i>Call a friend who didn't come to school today</i>	12 <i>Make a card for someone who has helped you</i>	13 <i>Help clean up your yard</i>
15 <i>Leave a Smiley on someone's desk</i>	16 <i>Treat others nicely and be a friend</i>	17 <i>Help your neighbor</i>	18 <i>Ask your parents if they need any help</i>	19 <i>Say sorry if you have hurt someone's feelings</i>	20 <i>Help a family member with a project</i>
22 <i>Help a younger child</i>	23 <i>Pick up trash around the school</i>	24 <i>Kindness Kids Kick-Off</i>	25 <i>Give a gift to brighten someone's day</i>	26 <i>Help a friend with their project</i>	27 <i>Call an elderly person and just say "Hi"</i>
29 <i>Listen to what someone has to say</i>	30 <i>Help your teacher around the classroom.</i>	31 <i>Invite someone to go with you for Halloween</i>			