

Be The Change Week

This idea is from Kalaheo High School in Hawaii.
Please feel free to adjust the themes for each day to best fit the
culture and climate at your school.

Monday – Compliments Wanted

Give as many compliments as you can to your classmates,
teachers, friends, and family members.

Give at least one HUG!

Tuesday – Mix it Up

Introduce yourself to someone new. Get to know someone
you don't know well. Eat lunch with someone new.

Give at least 3 HUGS!

Wednesday – Protect our Home

Clean up our environment. Pick up trash along the way
during passing. Collect cans and bottles and recycle them.

Give at least 6 HUGS!

Thursday – Heal Old Wounds

Forgive someone that has hurt you. Ask for forgiveness if you
have hurt someone else. Say "I'm sorry for..."

Give at least 9 HUGS!

Friday – Show Some Love

Thank someone you love and respect. Tell them how much
you appreciate them. Share your love and respect for them.

Give at least 12 HUGS!