**Week of Kindness Project Plan**

Inspired by the Sand Creek High School club’s school-wide Week of Kindness  
By: Katrina Smith

**What is the Week of Kindness and why should we do it?**

We’d like your club to participate in an International Week of Kindness to increase positivity during a time of year when many people may feel sad or lonely. Members of your club and your community (with your guidance) will perform particular acts of kindness for each day of the school/work week in order to spread joy!

Around Valentine’s Day, many people feel even more lonely or sad than they usually might because they aren’t in a relationship. This project is a valuable one at any time of year, but right after Valentine’s Day is a great time to do it.

**When and what are we doing?**

Pick a week and your club should encourage others to do the following activities and do them yourselves! For example:

**For elementary school clubs:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mon. Feb 19 | Tues. Feb 20 | Wed. Feb 21 | Thurs. Feb 22 | Fri. Feb 23 |
| Say “Hi” to someone you normally don’t talk to. | Tell a joke! | Give someone a hug. | Share or give someone something of yours. | Help someone with something! |

**For middle school clubs:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mon. Feb 19 | Tues. Feb 20 | Wed. Feb 21 | Thurs. Feb 22 | Fri. Feb 23 |
| Ask someone about their day. | Tell someone about something positive that happened to you today. | Give someone a hug. | Share or give someone something of yours. | Help someone with something! |

**For high school clubs:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mon. Feb 19 | Tues. Feb 20 | Wed. Feb 21 | Thurs. Feb 22 | Fri. Feb 23 |
| Ask someone you wouldn’t normally talk to about their day. | Tell someone about something positive that happened to you today. | Give someone a compliment. | Share or give someone something of yours. | Help someone with something! |

If your club meets during the week, you may also want to do an additional service project centered around kindness as a club. When the Sand Creek High School club did this project, they made posters with positive messages and then stood on the street corner, showing drivers the signs as they went by.

Also, your club can feel free to change any of the challenges to better fit their school or community.

**What do we need to do?**

Your club should make posters and/or announcements about the project. Make sure to talk to your school faculty to get permission to carry out the Week of Kindness. Non-traditional JOI clubs may want to go out into the community or try to contact their local news station about the project!

Here are some example announcements for your school:

The week before-- Next week, from February 19th to February 23rd, Junior Optimist International will be sponsoring a Week of Kindness! Listen to the morning and afternoon announcements next week for the challenges your school JOI club will be presenting. There will be flyers and posters around school with more information.

Monday, Feb. 19th—Today is the first day of our Week of Kindness! Today’s challenge is to ask someone you normally wouldn’t talk to about their day!

Tuesday, Feb. 20th—Today is day 2 of our Week of Kindness! Today, tell someone about something positive that you experienced or saw today. It could be as simple as a cool meme you saw, or that your lunch was delicious!

Wednesday, Feb. 21st—Today is the third day of the JOI Week of Kindness. Your challenge today is to give someone a compliment!

Thursday, Feb. 22nd—Today is the fourth day of our Week of Kindness! Today, share or give someone something of yours. This could be a piece of gum or just your beautiful smile.

Friday, Feb 23rd—Today is the fifth and final day of the JOI Week of Kindness. Today, your task is simple. Help someone with something!

Make sure to adjust all of these announcements so that they fit your club and your challenges! Remember, the most important part is that your club’s members carry out these challenges, even if your classmates don’t.

Make sure to take pictures of kind actions carried out throughout the week (especially if your club does a project) and share them with your district and Junior Optimist International!