

# PHE KINDNESS WEEK CALENDAR

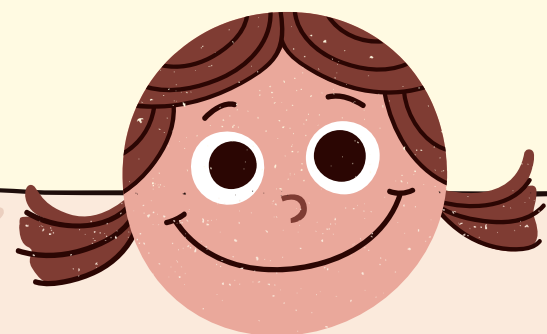
Monday, Oct 3  
Tigers Care  
Day

## Dress

- Wear Blue T-Shirts or Anti-Bullying T-Shirts

## Activity:

- Take the anti-bullying pledge
- I will not bully others.
- I will help those who are bullied.
- I will include those who are left out.
- If I know someone is bullied, I will tell an adult.



Tuesday, Oct 4  
Twin Day

## Dress

- Plan out with a friend and dress alike.

## Activity:

- Show kindness by giving two people compliments.



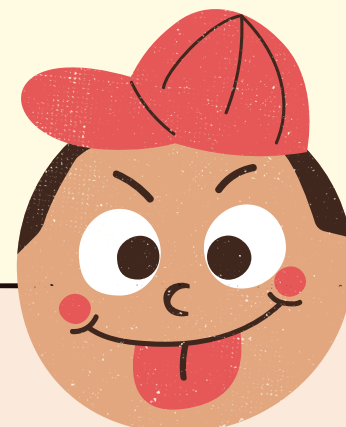
Wednesday,  
Oct 5  
PJ Day

## Dress

- Wear your favorite set of Pajamas to school.
- Please remember to follow the dress code. No spaghetti straps, bare midriffs or slippers.

## Activity:

- Thank school staff for all that they do for you.



Thursday, Oct  
6  
Mismatch Day

## Dress

- Wear your whackiest color combination or mismatched outfit to school

## Activity:

- Perform an act of kindness & hug the people you love today.



Friday, Oct 7  
School Spirit  
Day

## Dress

- Wear your PHE T-Shirt to show your school pride

## Activity:

- Help someone at home with chores and have a positive attitude doing so

