



## **2023-24 #ARK180Project**

### **1<sup>st</sup> Semester (#1-88)**

#### **Week 1**

Day 1/August 3: "Kindness can spread from person to person like glitter." – R.J. Palacio What glitter will you spread this new school year?

Day 2/August 4: KMES art inspired by #ARK180Project kindness quotes

#### **Week 2**

Day 3/August 7: KMES art inspired by #ARK180Project kindness quotes

Day 4/August 8: Give a compliment to three people today who wouldn't expect it.

Day 5/August 9: "Try to be a rainbow in someone's cloud." – Maya Angelou What does this mean to you?

Day 6/August 10: What makes a good friend?

Day 7/August 11: KMES art inspired by #ARK180Project kindness quotes

#### **Week 3**

Day 8/August 14: KMES art inspired by #ARK180Project kindness quotes

Day 9/August 15: What magical invention would you make that could make everyone in your life happier?

Day 10/August 16: "Never look down on anybody unless you're helping them up." – Jesse Jackson When was the last time you helped someone up?

Day 11/August 17: Think of an old friend you haven't seen or talked to recently. Surprise them with a kind note.

Day 12/August 18: KMES art inspired by #ARK180Project kindness quotes

#### **Week 4**

Day 13/August 21: KMES art inspired by #ARK180Project kindness quotes

Day 14/August 22: Who is your favorite kind movie character and why?

Day 15/August 23: "No act of kindness, no matter how small, is ever wasted." – Aesop What do you think of this statement?

Day 16/August 24: What was the last compliment you were given and how did it make you feel?

Day 17/August 25: KMES art inspired by #ARK180Project kindness quotes

### **Week 5**

Day 18/August 28: KMES art inspired by #ARK180Project kindness quotes

Day 19/August 29: What fascinating new thing did you learn this month and who did you share it with?

Day 20/August 30: "Those who bring sunshine to the lives of others cannot keep it from themselves." – James M. Barrie What does this mean to you?

Day 21/August 31: Did you help someone this week? Sometimes the smallest action has the biggest impact.

Day 22/September 1: KMES art inspired by #ARK180Project kindness quotes

### **Week 6**

Day 23/September 4: What does it mean to be kind?

Day 24/September 5: KMES art inspired by #ARK180Project kindness quotes

Day 25/September 6: "It is the province of knowledge to speak and it is the privilege of wisdom to listen." – Oliver Wendell Holmes What makes a good listener?

Day 26/September 7: When was the last time you had fun?

Day 27/September 8: KMES art inspired by #ARK180Project kindness quotes

### **Week 7**

Day 28/September 11: KMES art inspired by #ARK180Project kindness quotes

Day 29/September 12: Do you have clothes that you have outgrown? Donate them to a local non-profit thrift store.

Day 30/September 13: "Be silly. Be honest. Be kind." – Ralph Waldo Emerson Which were you today?

Day 31/September 14: What did you notice and appreciate today?

Day 32/September 15: KMES art inspired by #ARK180Project kindness quotes

### **Week 8**

Day 33/September 18: KMES art inspired by #ARK180Project kindness quotes

Day 34/September 19: Have you helped someone in your family this week?

Day 35/September 20: "As you grow older, you will discover you have two hands. One for helping yourself, the other for helping others." – Audrey Hepburn How have you helped yourself today? How have you helped someone else?

Day 36/September 21: Who is the best listener you know? What makes them a good listener?

Day 37/September 22: KMES art inspired by #ARK180Project kindness quotes

September 25-29 Fall Break

### **Week 9**

Day 38/October 2: KMES art inspired by #ARK180Project kindness quotes

Day 39/October 3: Words are like toothpaste: easy to come out, hard to put back in. Have you ever said something you wish you hadn't?

Day 40/October 4: "How beautiful a day can be when kindness touches it." – George Elliston How can you make today beautiful?

Day 41/October 5: What small acts can you do to be kind to others?

Day 42/October 6: KMES art inspired by #ARK180Project kindness quotes

### **Week 10**

Day 43/October 9: KMES art inspired by #ARK180Project kindness quotes

Day 44/October 10: Why is it important to listen to others when they share their thinking?

Day 45/October 11: "Kindness is the language which the deaf can hear and the blind can see." Mark Twain What do you think this means?

Day 46/October 12: Try to get rid of the "me first" mentality. The next time you are offered something, let others go first. How might this feel?

Day 47/October 13: KMES art inspired by #ARK180Project kindness quotes

### **Week 11**

Day 48/October 16: KMES art inspired by #ARK180Project kindness quotes

Day 49/October 17: Which animal do you think people can learn the most from?

Day 50/October 18: "If you truly love yourself, you could never hurt another." – Buddha How have you loved yourself today?

Day 51/October 19: Do you know someone who isn't feeling well? Write a get-well card.

October 20: No School for Students/Professional Development

### **Week 12**

Day 52/October 23: KMES art inspired by #ARK180Project kindness quotes

Day 53/October 24: Describe a time you showed sympathy to someone else.

Day 54/October 25: "You don't need a reason to help people." – Charles Dickens How does this quote inspire you?

Day 55/October 26: Think of someone at your school who strikes you as being underappreciated. Show them kindness today.

Day 56/October 27: KMES art inspired by #ARK180Project kindness quotes

### **Week 13**

Day 57/October 30: KMES art inspired by #ARK180Project kindness quotes

Day 58/October 31: What was a time that you felt happy for yourself?

Day 59/November 1: "A bit of fragrance clings to the hand that gives flowers." – Chinese proverb What do you think this phrase means?

Day 60/November 2: What was a time that you felt happy or someone else?

Day 61/November 3: KMES art inspired by #ARK180Project kindness quotes

### **Week 14**

Day 62/November 6: KMES art inspired by #ARK180Project kindness quotes

Day 63/November 7: Do you feel and show concern for everyone in the same way? Why or why not?

Day 64/November 8: "Sometimes you don't have to be mean to hurt someone." – R.J. Palacio Be careful with your words today.

Day 65/November 9: Are you a team player? How do you know?

Day 66/November 10: KMES art inspired by #ARK180Project kindness quotes

### **Week 15**

Day 67/November 13: KMES art inspired by #ARK180Project kindness quotes

Day 68/November 14: Who might need the close parking spaces at the grocery store? Next time you park, think of others who might need it.

Day 69/November 15: "Fall seven times. Stand up eight." – Japanese proverb When was the last time you helped someone stand up?

Day 70/November 16: When was the last time you said thank you to someone?

Day 71/November 17: KMES art inspired by #ARK180Project kindness quotes

November 27-December 1: Thanksgiving Break

### **Week 16**

Day 72/November 27: KMES art inspired by #ARK180Project kindness quotes

Day 73/November 28: Who inspires you and why?

Day 74/November 29: "Let us always meet each other with a smile." – Mother Teresa How many smiles can you give out today?

Day 75/November 30: Write a note to the person who inspires you.

Day 76/December 1: KMES art inspired by #ARK180Project kindness quotes

### **Week 17**

Day 77/December 4: KMES art inspired by #ARK180Project kindness quotes

Day 78/December 5: Do a family member's chore for them today. When they ask why, say you just wanted to help. What will you do?

Day 79/December 6: "Kindness is a melody everyone can sing along to." – Unknown What does this mean to you?

Day 80/December 7: Clean your closet this month and donate the items to a local non-profit thrift store.

Day 81/December 8: KMES art inspired by #ARK180Project kindness quotes

### **Week 18**

Day 82/December 11: KMES art inspired by #ARK180Project kindness quotes

Day 83/December 12: In your own words, define what you think it means to be kind.

Day 84/December 13: "Kindness, like a boomerang, always returns." – Unknown What does this mean to you?

Day 85/December 14: When have you done something kind for someone else?

Day 86/December 15: KMES art inspired by #ARK180Project kindness quotes

**Week 19**

Day 87/December 18: KMES art inspired by #ARK180Project kindness quotes

Day 88/December 19: Surprise someone with a gift. Thank about the person and the gift. Will they like it?

December 20-January 2: Winter Break

January 3: Student Holiday (Professional Development Day)