

# February 14, 2019

## LOVE AND KINDNESS DAY ACTIVITIES

This Valentine's day M-DCPS will promote "Love and Kindness Day" to commemorate the tragedy that took place at Marjory Stoneman Douglas High School one year ago. As part of Values Matter Miami, February is Kindness month. Let's remember the 17 fallen students and staff who were lost last year by celebrating love and kindness at our schools. These activities are just some ideas to commemorate this day.

### KINDNESS CORNER

Create a kindness corner at your school for the month of February. The cafeteria or a prominent hallway is a great place for this display. On Valentine's day have teachers or staff members post the many wonderful ways that your students have demonstrated love and kindness.

### SEND LOVE AND KINDNESS

Spread love and kindness on Valentine's day. Download and copy the Love and Kindness Note template. Give each student a Love and Kindness Note as they enter school or class in the morning. Have them write or draw a kind message to send to someone that day. Use these ideas to help students use kind words in powerful ways.

- Write a note of appreciation to the cafeteria workers, custodians, or other staff members who don't normally receive recognition.
- Tell someone they are special.
- Write a message to a student you don't know that well, highlighting something special you've noticed about them.

### LUNCHTIME CHECK LIST

During lunchtime give each student the "Love and Kindness Day" Checklist. Have students check off as many acts of kindness as they can complete during their lunchtime.

### REVISIT START WITH HELLO

"Love and Kindness Day" is a great opportunity to revisit, reinforce, and sustain the foundation that was created during our District-wide *Start with Hello* Week in September 2018. The *Start with Hello* initiative raises awareness about social isolation and highlights the importance of creating connections and eliminating social exclusion. Use this [LINK](#) to access the *Start with Hello* Week Activity Guide for resources.

### LUNCH AND LEARN RESOURCE FAIR

Invite representatives from local agencies to staff a resource table during lunch sessions. The representatives can provide students with informational literature and answer questions about their areas of expertise. Contact information for local resources is included.

**Love and Kindness  
Note Template**



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LOVE AND  
KINDNESS DAY

MIDDLE/HIGH SCHOOL LUNCHTIME CHECKLIST

Check off all the acts of kindness you completed during lunchtime.

- Sit with someone new at lunch.
- Pick up trash around the cafeteria.
- Let someone take your place in the cafeteria line.
- Send a kind text to a friend you haven't spoken to in a long time.
- Hold the door open for a group of people.
- Other \_\_\_\_\_

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**ELEMENTARY SCHOOL LUNCHTIME CHECKLIST**

Check off all the acts of kindness you completed during lunchtime.

- Give high fives to all your classmates.
- Pick up trash around the cafeteria.
- Let someone take your place in the cafeteria line.
- Sit with a new friend at lunch.
- Hold the door open for someone.
- Smile at everyone.
- Other \_\_\_\_\_

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LOVE AND  
KINDNESS DAY

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Check off all the acts of kindness you completed during lunchtime.

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- Pick up trash around the cafeteria.
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- Other \_\_\_\_\_

*February 14, 2019*

**DAY OF LOVE  
AND KINDNESS**

**LUNCH AND LEARN RESOURCE FAIR**

This activity is designed to create greater awareness among students regarding violence prevention, personal safety and wellness, and support resources. We encourage schools to invite representatives from local agencies to staff a resource table during lunch sessions. The representatives can provide students with informational literature (pamphlets, brochures, handouts) and answer questions about their area(s) of expertise. Contact information for local resources is listed below.

**Bullying Prevention/Violence Prevention:**

The Melissa Institute	305-284-2930
Youth Crime Watch	305-470-1670
Sandy Hook Promise	407-421-2639

**Human Trafficking:**

Kristi House	305-610-6405
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**LGBTQ Support:**

Alliance	305-899-8087
SAFE Schools South Florida	954-588-8229
YES Institute	305-663-7195

**Mental Health/Suicide Prevention:**

Switchboard	211 or 305-631-4211
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**Racism and Discrimination:**

Anti-Defamation League	561-988-2945
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