


Dear Nottingham Grown-Ups- As we challenge our students to complete their kindness boards we hope that you TOO will accept this challenge.

<p>Mail a note or send an email to someone telling them why you are grateful to have them in your life.</p>	<p>Leave a kind note or card for a family member in their backpack, on their steering wheel, on their pillow, in their lunch box, etc.</p>	<p>Leave a sweet treat for a colleague, friend, neighbor, or service person.</p>
<p>Call a friend or a relative you haven't spoken to in a while and tell them something you have always admired about them.</p>		<p>Do something kind for someone you do not know. Give a compliment, pay for the person behind you in a drive through, hold the door - be creative!</p>
<p>Donate something or volunteer your time to help someone else.</p>		<p>Ask a colleague, friend or family member what the best part of their week has been and then take the time to really listen.</p>
<p>Do something kind for yourself. (Take a walk, buy a new shirt, turn off your phone and just drink a cup of coffee, read a magazine, etc).</p>	<p>Smile or say something kind to 10 people in one day.</p>	<p>Create your own idea for a RAK and write it here:</p>