

FEBRUARY: PAY IT FORWARD - DO SOMETHING FOR SOMEONE ELSE



IB Learner Profile:
Caring

3 Bs: Be Kind
Be Responsible

MindUP:
Performing acts of
kindness

There are many people who help us and cheer us up when we feel down.

Now is our chance to pay kindness forward and do something good for someone else!

Looking for kind characters?



Click [here](#) for eBooks about helping others.

KINDNESS ROCKS!

Have you seen Mr. Fong's rock garden?
Each rock has a sweet message.

Want to add your artwork to the garden?
Grab a blank rock and leave a kind message!

Take one, share one, or add one!

ACTIVITIES:

We would love all of you to continue to stay connected with us and participate in the monthly themes. Here are the activities for February. Choose one or both!

Send in a Warm Fuzzy

Was someone kind to you? Thank them with a warm fuzzy!

Online on the Wellness Page (click [here](#))

Draw a picture/Take a picture/Write something of how you did something for someone else. How are you a bucket filler?

Share your pictures here:
plicbooks.com/go/5LxJ2



Questions?

Contact Julie Mikami, AHS Counselor
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Our Kindness Rocks Project at Aina Haina School