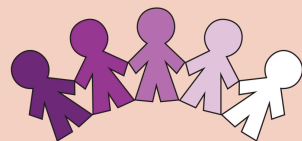


February 26



Umbrella Family

A movement celebrated across the globe,
Pink Shirt Day.
Inspired by an act of kindness in small-town Nova
Scotia.

"David Shepherd, Travis Price and their teenage friends organized a high-school protest to wear pink in sympathy with a Grade 9 boy who was being bullied [for wearing a pink shirt]...[They] took a stand against bullying when they protested against the harassment of a new Grade 9 student by distributing pink T-shirts to all the boys in their school.

'I learned that two people can come up with an idea, run with it, and it can do wonders,' says Mr. Price, 17, who organized the pink protest. 'Finally, someone stood up for a weaker kid.' So Mr. Shepherd and some other headed off to a discount store and bought 50 pink tank tops.

They sent out message to schoolmates that night, and the next morning they hauled the shirts to school in a plastic bag. As they stood in the foyer handing out the shirts, the bullied boy walked in. His face spoke volumes. 'It looked like a huge weight was lifted off his shoulders,' Mr. Price recalled. The bullies were never heard from again."

– Globe & Mail



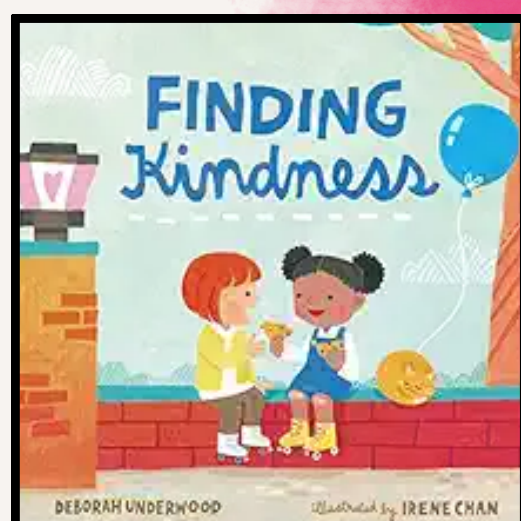
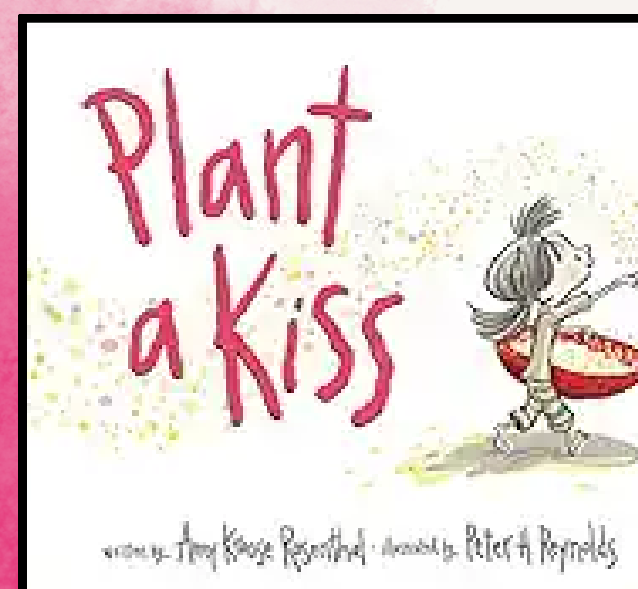
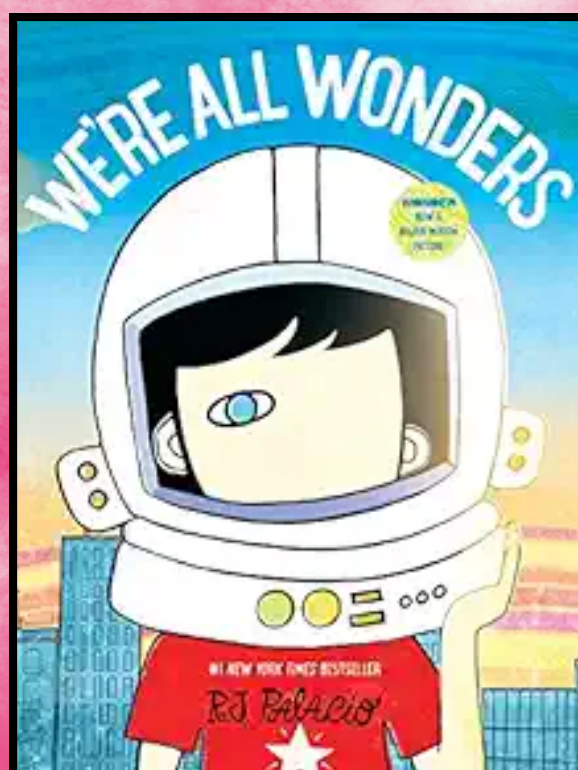
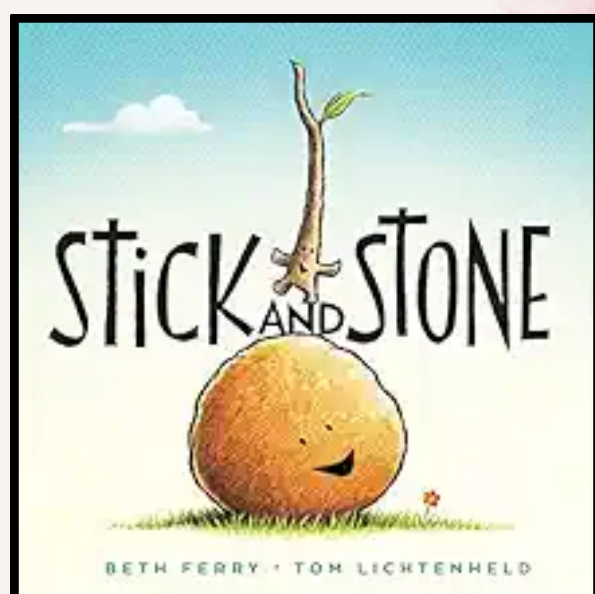
Wear
PINK

**FEBRUARY 26TH,
2025**



ALL ABOUT KINDNESS

BOOKS



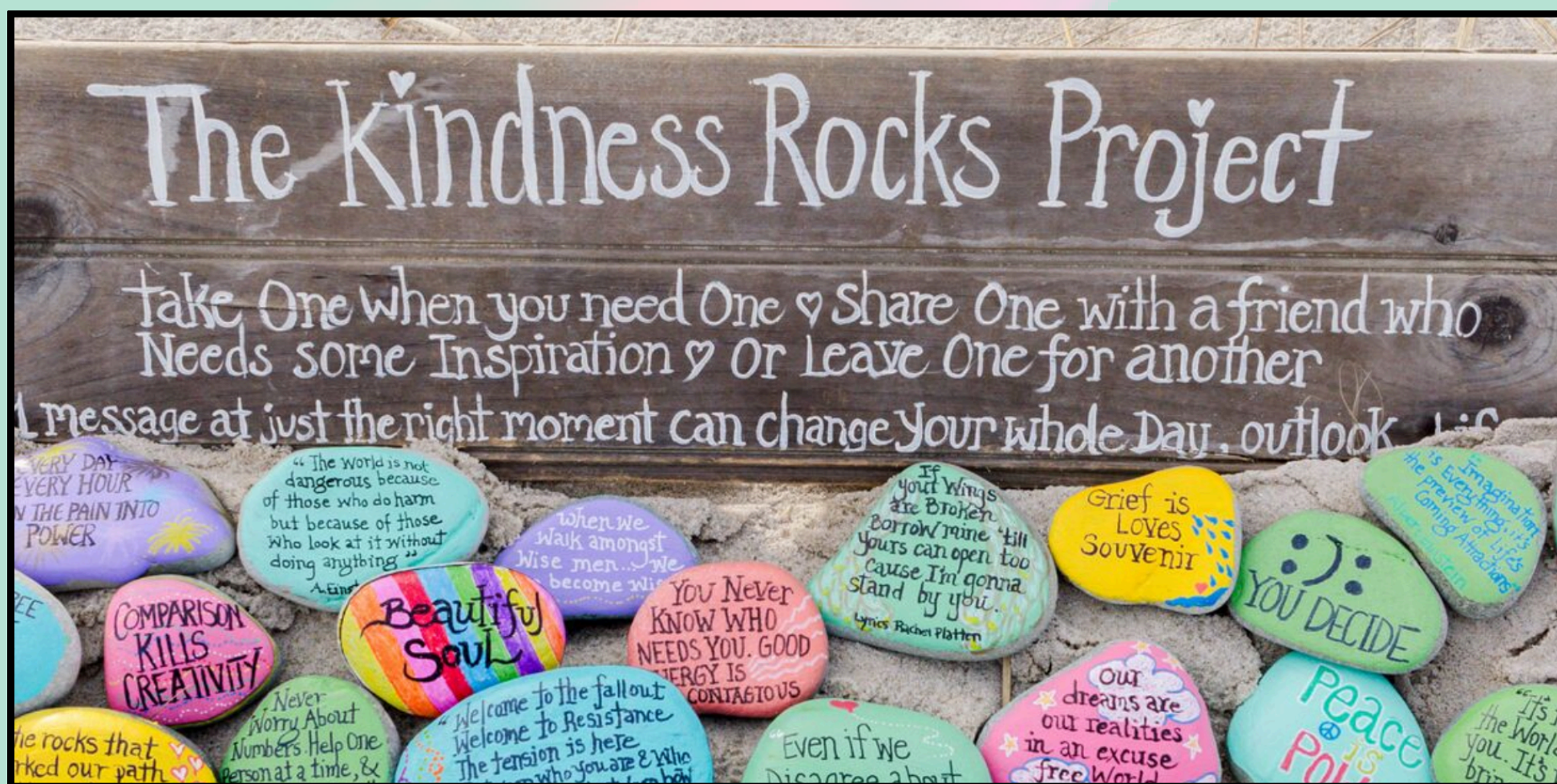


Spread

Kindness

wherever

you go



Supplies:

rocks
acrylic paint
paint brush
sharpie
decorative pens

Directions:

- Wash all your rocks so that they are free of dirt and debris. Allow to dry.
- Apply a layer of paint to one side of your rock. Allow paint to dry.
- Decorate rock using more paint, sharpies and decorative pens.

200 Positive Words & Phrases

| | | | |
|-------------------------------|------------------------------|-------------------------------|---------------------------------|
| Accept difference | Don't give up | Keep your promises | See the good |
| Accept what you can't change | Don't stress | Kindness | See your own beauty |
| Achieve | Don't underestimate yourself | Laugh at yourself | Seek adventure |
| Act out of love | Dream big | Laugh freely | Seek excellence, not perfection |
| Act with kindness | Embrace change | Laugh out loud | Seek respect |
| Ask questions | Embrace the day | Learn something from everyone | Seek wisdom |
| Awesome | Empower others | Let go | Serve with humility |
| Be a friend | Enjoy the journey | Believe in yourself | Set goals |
| Be a little weird | Enjoy the moment | Let go of blame | Share your ideas |
| Be adventurous | Enjoy today | Listen well | Show up |
| Be authentic | Experience life | Live minimally | Sing loudly |
| Be charming | Explore | Live with purpose | Smile |
| Be courageous | Express gratitude | Live. Love. Laugh. | Smiles are contagious |
| Be daring | Express your feelings | Look for opportunities | Smiles are free |
| Be fearless | Faith | Love | Speak the truth |
| Be gentle with yourself | Fall in love | Love fiercely | Stay curious |
| Be happy | Find your voice | Love truly | Stay humble |
| Be in the moment | Finish something | Love unconditionally | Stay positive |
| Be kind | Follow your dreams | Love yourself | Stay real |
| Be patient with yourself | Forgive | Make a wish | Stay strong |
| Be silly | Forgive freely | Make changes | Strength |
| Be spontaneous | Giggle | Make good decisions | Take a chance |
| Be the change | Give compliments | Make new friends | Take chances |
| Be unique | Give freely | Make peace | Take risks |
| Become the best you | Give hugs | Make positive changes | Take time to listen |
| Believe | Give it your all | Make someone laugh | Tell someone thank you |
| Belly laugh | Give more hugs | Make someone smile | Think big |
| Blessed | Give someone a hug | Make work meaningful | Touch hearts |
| Breathe | Give thanks | Miracles | Trust your instincts |
| Care for others | Give your time | Mistakes are lessons | Trust yourself |
| Challenge yourself | Good hearted | Motivate | Try something new |
| Choose joy | Grow continuously | Never give up | Understand |
| Collaborate with someone | Happiness | Nothing is impossible | Value truth |
| Collect moments, not things | Hard is not impossible | Nuture hope | Win graciously |
| Compliment yourself | Have a great attitude | Observe and listen | Wish on a star |
| Count your blessings | Have faith | Observe the moment | Wish others well |
| Courage | Have integrity | Offer kind words | Work hard |
| Create a good life | Have no regrets | Open your heart | Worrying changes nothing |
| Create good karma | Have patience | Open-minded | You are amazing |
| Create healthy habits | Hope | Pat yourself on the back | You are beautiful |
| Creative | Ignore the haters | Patience | You are brave |
| Cultivate kindness | Imagine more | Persistence | You are fabulous |
| Dance in the rain | Innovative | Perspective | You are kind |
| Decide to try | Inspiration | Play with abandon | You can do it |
| Determined | Inspire others | Practice self-compassion | You make me happy |
| Discover | Just believe | Practice stillness | You're awesome |
| Do everything with love | Keep on moving | Random acts of kindness | You're extraordinary |
| Do not judge | Keep secrets | Relax | You're special |
| Do what makes your soul happy | Keep smiling | Rest and relax | You're the best |
| Don't be afraid | Keep trying | Rise strong | You've got this |

Ripple Effect

KINDNESS

This wonderful kindness activity uses an experiment to illustrate that the simple act of dropping an object causes a ripple effect. The ripple may be small or large depending on the object. Just as our acts of kindness can be large or small. They too will have an effect or a ripple in the life of another person. The impact of that act of kindness can make someone's day better or change how they treat others.

Experiment:

When you gather items for this experiment, you will want to select some things that have the following attributes.

Small
Large
Light
Heavy

Instructions:

Fill a container with water.

Observing the Impact

Each of the objects will cause a ripple in the water when it is dropped. Some will cause a big splash when they are dropped into the water, some will cause a little effect.

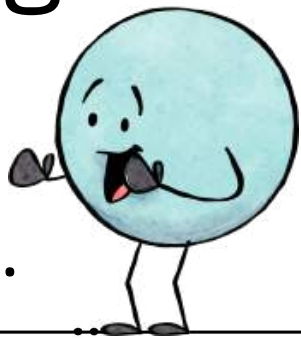
What you will want your children to notice is that they ALL cause a ripple effect!

Discussion

Once your children have seen the ripple effect, take some time to talk about the effects of kind acts on others. Simple things we all can do like saying thank you or holding a door open for someone can have a ripple effect.

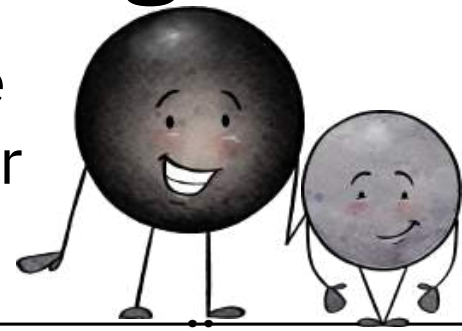
Kindness challenge

Tell a teacher
one thing you
like about them.



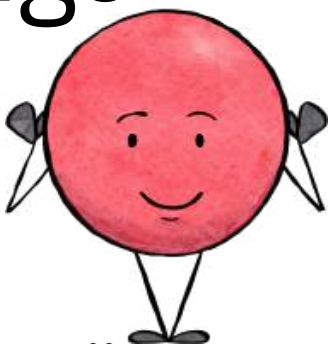
Kindness challenge

Help someone
who is younger
than you.



Kindness challenge

Ask someone
how their day is
going. Then, take
time to listen.



Kindness challenge

Clean up a
mess that you
didn't make.



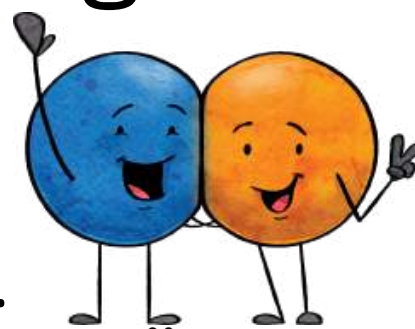
Kindness challenge

Make a card or
kind note for
someone you
know.



Kindness challenge

Spend time with
someone you
don't normally
spend time with.



Kindness challenge

Ask an adult
in the school
how you can
help them.



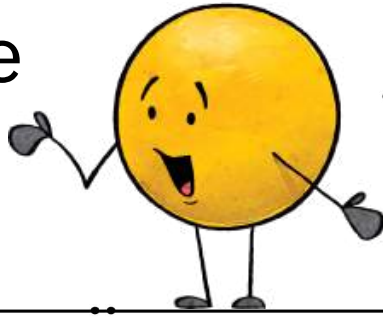
Kindness challenge

Leave a kind
note or picture
for someone
to find.



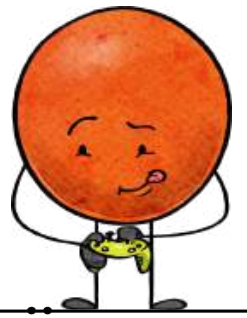
Kindness challenge

Tell a friend one
thing you like
about them.



Kindness challenge

Let someone
else go first at
something.

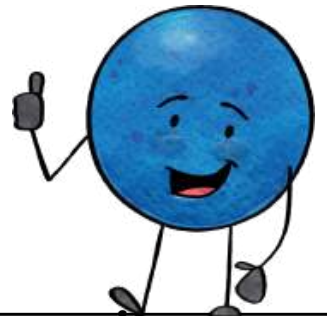


Kindness challenge

Make a get well
card for
someone who
isn't feeling well.

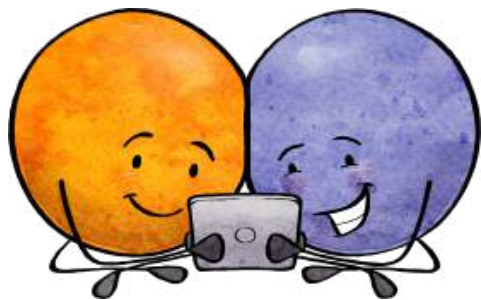


Kindness challenge



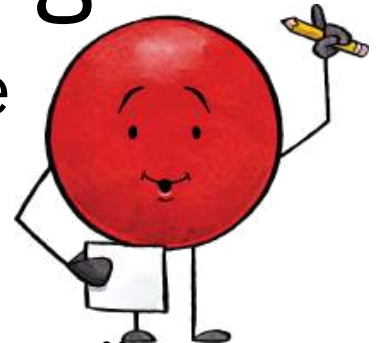
Kindness challenge

Share
something
with a friend.



Kindness challenge

Teach someone
how to do
something.



Kindness challenge

Let someone
borrow
something of
yours.



Kindness challenge

Tell someone about
a book, show, movie,
or song that you
think they'll love.



Kindness AFFIRMATIONS

“ Sticks and Stones may break your bones, but words...”

Words of kindness go a long way. Kindness affirmations are a tool that can help your children affirm positive thoughts about themselves and realign their relationships with others. Your children can create their own affirmations that speak to the nature of them or utilize some of the prompts provided here. This can be a great addition to your small group / gathering experiences, or even as an independent personal activity for our older groups.

I choose to be kind
with every word I say

Kindness is my gift
to everyone

I can always find a way
to be kind

I choose to be kind
even when its not
easy

Music has a special way of making us feel happy! Think of a time a song made you want to dance or sing.



Grab some pink ribbons and dance along to these songs that can be added to a “Happiness Playlist”



HAPPY

PHARELL WILLIAMS

YOU GOT A FRIEND IN ME

♪ TOY STORY ♪
TOY STORY ♪

DON'T WORRY

BE HAPPY

BOBBY MCFERRIN ♪

WALKING ON SUNSHINE

♪ KATRINA AND THE
WAVES ♪

IF YOU'RE HAPPY

AND YOU KNOW IT

COCOMELON

ZIP-A-DEE-DOO-DA

SONG OF THE SOUTH ♪

THE BARE

NECESSITIES

♪ THE JUNGLE BOOK ♪

HAKUNA MATATA

THE LION KING ♪

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Tools for Life

Concept 4 – Self-Esteem

Observe and Verbalize

Observe and verbalize your observations about each child's interest and strengths, so that everyone can hear the positive comments about the children.

If you notice a child did something for another child or for themselves, vocalize it – make them be heard and noticed in a group of children.



Concept 7: Identifying Feelings of others

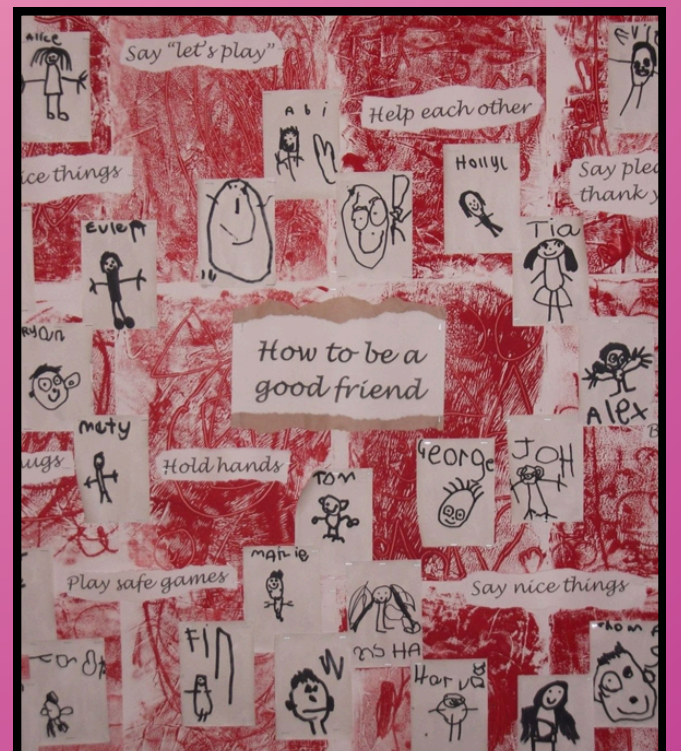
Model positive and friendly words:

I really like the way you...

I noticed that you....

How did that make you feel when

Your actions with your friend showed me that you really want to play with him....



[illegible]

The accessories and loose parts in this super fun pink-themed play invitation offer opportunities for fine motor development, sorting, labeling shades of color, and imaginative play.