

START WITH HELLO WEEK!



Start With Hello Week was created by Sandy Hook Promise. It encourages students to be more socially inclusive and connected to each other with three simple steps:

1. See someone alone.
2. Reach out and help.
3. Start with hello!

Monday

Kindness wall – students and staff write on a sticky note how they can show kindness and stick it to the kindness wall.

Tuesday

Mindfulness Minutes – Teachers will select and lead a “Mindfulness Minutes” activity from the list provided with their class during morning meeting.

Wednesday

Green Out! – Students and staff wear green as a symbol of unity & solidarity.

Thursday

Trusted Adult – Students will write a thank you note to a staff member for being their trusted adult at school.

Friday

Teachers will select an “Upstander” from their class and write their name on the “Upstander Ribbon”, which will be presented to them. This is the student that does their best to show kindness and empathy and goes out of their way to help others.