

**FAQUIER COUNTY PUBLIC SCHOOLS
EVERY KID HEALTHY WEEK
THOUGHTFUL THURSDAY**

Perform an act of Kindness.

An act of kindness could be the smallest act like holding the door open for a stranger, offering to pick up groceries for someone. However, big or small perform an act of kindness today.

Smile! Smiles are contagious.

Throughout your day, ensure you wear a smile whether you have your mask on or not. Your smile can be seen in your eyes even with a mask on. Your positivity can be infectious. Smile throughout the day today.

Give someone an uplifting compliment.

A complement can make a big difference in someone's day. Make someone's day by giving them a kind comment. Start with their amazing outfit or how helpful your teacher has been to you. Go ahead and make someone else's day.

Give a friend or family member a call.

A call or a text could go a long way especially to someone you have not heard from in a long while. Call or text a family member you have not heard from in a while and ensure to listen actively and visit if possible.

Volunteer in a community group

Find a local community group to volunteer at such as a Food Pantry. Visit www.volunteermatch.com to explore several options out there you can choose from.