

TEACHER CHALLENGE

10 Random Acts of Kindness

- ✓ Bring a treat to share with staff
- ✓ Mentor another teacher
- ✓ Bring a co-worker their favourite drink
- ✓ Praise a teacher you work with
- ✓ Share an awesome teaching resource with colleagues.
- ✓ Send 5 positive notes home to parents.
- ✓ Post sticky notes with positive messages on a colleague's desk.
- ✓ Eat lunch with your students.
- ✓ Listen intently when someone is talking to you.
- ✓ Be kind to yourself.

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