

The logo for the Harvest Kindness Olympics 2022 is centered at the top of the page. It features the words "HARVEST KINDNESS" in a bold, blue, sans-serif font, with "OLYMPICS" below it in the same style. Underneath the text is the year "2022" in a blue, sans-serif font, with the Olympic rings (blue, yellow, black, green, and red) positioned below the year. The entire logo is set against a background of a snowy mountain range under a blue sky with white clouds.

HARVEST KINDNESS OLYMPICS



The Harvest PTA is proud to present our first ever Kindness Olympics during the month of February. Each week, Harvest families will have the chance to participate in a series of Kindness events designed to encourage everyone to practice kindness in a variety of ways. Kindness is always a choice and the more we practice it, the more natural it becomes.

When your family completes at least five of the Kindness events each week, share what you did on social media using #HarvestKindnessOlympics or return the Gold Medal form to the Harvest Media Center. As you complete each week, each child will receive a stamp on their Kindness Olympics passport, which will be kept at school. Everyone who participates will receive a small prize. When a child completes all four weeks, they will be eligible to be part of our new Harvest Kindness Squad and could win a Kindness Squad t-shirt!

More information on the Kindness Squad will be coming soon!

**We can't wait to see how Harvest Families shine in our
KINDNESS OLYMPICS!!**

HARVEST KINDNESS OLYMPICS



WEEK 1: January 31- February 6, 2022

OLYMPIC EVENT: KINDNESS TO SELF

- Do something that makes you happy
- Exercise for 10 minutes and get your heart pumping
 - Smile more often
- Avoid complaining for the entire day
- Create a new game and play it with friends and family
 - Take time to practice mindfulness
 - Take long slow deep breaths for 3 minutes
 - Dance to your favorite music
 - Add your own idea!

Tag us on social media with

#HarvestKindnessOlympics and @HarvestElemPTA

Fill out and return this ticket to the Media Center for the stamp on your passport when you've completed at least 5 different kindness activities this week.

Gold Medal Ticket

Student Name: _____

Classroom Teacher: _____

***We completed at least 5 activities in
KINDNESS TO SELF***

Adult Signature: _____

