

# HOW STUDENTS & STAFF

## Simple Ways To Show Appreciation & Kindness for the Birthdate Challenge!

- **Appreciation Notes:**
  - Writing personalized notes to students or staff appreciating their efforts, achievements, or improvements can have a significant impact.
- **Recognize Personal Milestones:**
  - Acknowledge birthdays, work anniversaries, or professional achievements (such as completing a project or receiving an award) with a note, in-person comment, or a small token of appreciation.
- **Small Gestures:**
  - Make a big difference with a simple thank-you note, a kind word, or a token of appreciation.
- **Verbal Praise:**
  - When you see someone doing something good or kind, let them know you appreciate them!
- **Give a Compliment:**
  - A heartfelt and authentic compliment can make a big difference to boost confidence.
- **Help a Student:**
  - Offer assistance with homework, help them carry their books, or provide guidance on a challenging task.
- **Random Acts of Kindness:**
  - Surprise someone with a small, thoughtful gesture – maybe holding the door open, sharing a snack, or leaving a positive note on their desk.
- **Offer to Help with a Task:**
  - If you know someone has a lot on their plate, offer to help them with a task or project, even if it's something small.
- **Public Recognition:**
  - Give a shout-out during a class or meeting to recognize someone's hard work or positive attitude.
- **Bring in a Treat:**
  - A small treat, like a favorite snack or a homemade goodie, can be a nice way to show someone you appreciate them.
- **Gift of Time:**
  - Spend time with someone who might need a friend – maybe sitting with them during lunch, joining them for a walk, or offering a listening ear.
- **Decorate Their Space:**
  - Leave a small decoration or positive message at someone's workspace or locker to make them smile.
- **Offer Encouragement:**
  - If someone is facing a challenge, offer words of encouragement to lift their spirits.
- **Lend a Listening Ear:**
  - Sometimes, just being there to listen can be the greatest gift you can give.