

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.