



Celebratory Event Ideas

On Celebration Day, celebrate with the FUN you planned for students or school fundraising incentive achievement. Need some inspiration? Check out these engaging, interactive ideas to celebrate with your students.

World Kindness Day

November 13, 2021

World Kindness Day is the perfect time to celebrate health. moves. minds., which helps schools build a culture of kindness, empowerment and inclusion. Help spread the message that your students are “POWered by Kindness” using our social media graphics – then join us as we build a kinder, healthier future for our nation’s youth.

Random Acts of Kindness Week

February 14 – 20, 2022

Random Acts of Kindness week is the perfect time to kick-off or celebrate your health. moves. minds. event! Spread kindness all week long by choosing from the engagement ideas listed below. Incorporating kindness and mindfulness lessons is easy and can further your impact!

- ✓ [Grades K-5 Kindness Activity: Don't bust the water balloon](#)
- ✓ [Grades 6-8 Kindness Activity: Kind Message Cards](#)
- ✓ [Grades 9-12 Mindfulness Activity: Analyzing Cell Phone Use \(Sneak Peek\)](#)
- ✓ [Random Acts of Kindness – Daily Kindness Challenge Calendar, Grades K-8](#)

National Day of Unplugging

March 4, 2022

Students pledge to not use their cell phone on in recognition of National Day of Unplugging (or a day selected by the teacher/school). Another option is to ask students to go “phone-free” for a certain number of hours each day during a specified week. The goal is to promote active engagement with family and friends. Check out our [PA calendars](#) to share physical activity ideas with your students and staff.

Mind & Body 30-Day Challenge

Follow a [calendar](#) with daily challenges around mindfulness, kindness, and physical activity.

Mindfulness Week

Encourage the entire school to incorporate mindfulness activities into classes throughout the week. Examples includes:

- ✓ Start each day with a school-wide minute of meditation.
- ✓ Encourage all teachers to create a space in their classroom where students can take a mindfulness break by coloring, using a stress ball, doing a few stretching poses, following instructions for better breathing, etc.
- ✓ Play calming music in each classroom during individual work time. [Try this playlist.](#)
- ✓ Introduce stretching breaks to each class where teachers lead students in different poses.



health. moves. minds. Family Night

Use the health. moves. minds. [Station Cards Template](#) to create an event where students and their families can participate in a variety of activities focused on mindfulness, kindness, and physical activity.

Stress-Relief Dance-a-Thon or Zen Night

Host a dance-a-thon for students and the school community to promote physical activity through dance as a tool to relieve stress.

Host a family night where students and their families engage in mindfulness activities such as meditation, Better Breathing, yoga, etc. while playing calm music.

Kindness Week Challenges

Hold a school-wide challenge that encourages students to be kind to one another. Teachers will place a small token in the classroom's "bucket" each time they notice a student being kind. The class with the most tokens is named the "Kindest Class in the School." You can opt to do this without the competition piece.

Send a Kind Message Day

Students take time to write kind messages to other students, teachers, friends or family members. This can be a stand-alone activity or incorporated into another event.

Walk-a-thons, Bike-a-thons, Jump Rope-a-thons, Skate-a-thons, Hula-Hoop-a-thons, Fun Walks or Fun Runs

Physical activity is a stress reliever, no matter what the theme is!

Pie-in-the-Face

Students who raise a certain amount (you determine) will get to gently pie the principal or PE teacher in the face!

Silly String

Students will have the opportunity to cover the PE teacher in silly string!

Duct Taped!

Students who raise a certain amount (you determine) will get to duct tape the principal, assistant principal, and/or the PE teacher to the wall of the gymnasium.

Trading Spaces

Physical Education teachers trade places with the principal and assistant principal for a day.