









Redondo Beach Unified School District
Yellow Ribbon Week
Great Kindness Challenge
January 19 – January 23, 2026

Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22	Friday January 23
<p style="text-align: center;">NO SCHOOL (MLK JR. DAY)</p> <p style="text-align: center;">Be Kind to Yourself Day!</p>	<p style="text-align: center;">Theme:</p> <p style="text-align: center;">Grati-Tuesday!</p>	<p style="text-align: center;">Theme:</p> <p style="text-align: center;">Be an Upstander Day!</p>	<p style="text-align: center;">Theme:</p> <p style="text-align: center;">Random Acts of Kindness Day!</p>	<p style="text-align: center;">Theme:</p> <p style="text-align: center;">Compliment Day!</p>
<p>Activities:</p> <ul style="list-style-type: none"> * Eat a healthy breakfast to start the day off right. * Think of 3 things you have done well lately and be proud of yourself. <p style="text-align: center;">123</p> <ul style="list-style-type: none"> * Look in the mirror and give yourself 3 compliments. * Ask your family to tell you 5 things they each love about you. 	<p>Activities:</p> <ul style="list-style-type: none"> * Tell (or write to) someone that you are grateful for them and give them reasons why. <p style="text-align: center;"><i>thank you!</i></p> <ul style="list-style-type: none"> * At dinner, go around the dinner table and share 3 things you are grateful for and why. <p style="text-align: center;"><i>What are you grateful for today?</i></p> <ul style="list-style-type: none"> * Create a gratitude jar with your family. <p style="text-align: center;">GRATITUDE JAR</p> 	<p>Activities:</p> <ul style="list-style-type: none"> * Words have power: use your words to inspire or bring joy to someone. * Put-up a Put-down: Make sure you think before you speak/type/chat. BOTH in-person & online. <p style="text-align: center;">*T.H.I.N.K.</p> <p style="text-align: center;">Before you...</p> <p style="text-align: center;"></p> <p style="text-align: center;">THINK!</p> <p>T = Is it True? H = Is it Helpful? I = Is it Inspiring? N = Is it Necessary? K = Is it Kind?</p> <ul style="list-style-type: none"> * Stand up for someone being mistreated. 	<p>Activities:</p> <ul style="list-style-type: none"> * Give someone in your family a hug.  <ul style="list-style-type: none"> * Be a happy helper. Help around the classroom or house without being asked.  <ul style="list-style-type: none"> * Celebrate Yellow Ribbon Week by wearing yellow. 	<p>Activities:</p> <ul style="list-style-type: none"> * Give sincere compliments to at least 5 people. * Say good morning or hello to 3 people. <p style="text-align: center;"></p> <ul style="list-style-type: none"> * Smile and wave at people throughout the day. <p style="text-align: center;"></p> <ul style="list-style-type: none"> * Tell someone to have a great day.