



# 17 ACTS OF KINDNESS

## JANUARY 29 - FEBRUARY 14

To honor the 17 Marjory Stoneman Douglas victims, students and staff are encouraged to do 17 Acts of Kindness. These are suggestions everyone can do. Please share your acts on social media using the hashtags #StrongerTogether, #BPAMSDTogether and #17ActsofKindness.

1

### Tuesday, January 29

Send a card or note of support to Marjory Stoneman Douglas High School or tag them [@PrincipalMSD](#) on social media with an uplifting message.

2

### Wednesday, January 30

Thank an officer in person, or tag them with a thank you message. Here is a list of agencies in Palm Beach County with Twitter handles:

Boca Raton @BocaPolice, Boynton Beach @BBPD, Delray Beach @DelrayBeachPD, Florida Highway Patrol (FHP) @FHPPalmBeach, Juno Beach @JunoBeachPDFdn, Jupiter @TownofJupiter, Lantana @TownOfLantana, Palm Beach County Sheriff's Office (Acreage/Lox, Greenacres, Lake Worth, Royal Palm, Wellington) @PBCountySheriff, Palm Beach @PalmBeachPolice, Palm Beach Gardens @PBGPD, Palm Beach Shores @PalmBeachShores, Palm Springs @Palm\_Springs\_FL, Riviera Beach @RivieraBeachPD, Tequesta @TequestaPolice, Town of Lake Clarke Shores @TownofLCS, West Palm Beach @WestPalmPD

3

### Thursday, January 31

Send Valentine's Day cards to a local nursing home - remember that not everyone has a family to do this for them.

4

### Friday, February 1

Send a co-worker/classmate a card or an uplifting note - make it anonymous and make someone smile!

5

### Saturday, February 2

Create a kindness rock (rock with an inspirational message written/painted on it) and leave it somewhere anonymously for others to find - you never know who might need a kind word.

6

### Sunday, February 3

Collect books or school supplies to donate to a classroom or library - meet a need where you have the ability to do so - that is how we change the world.

**7**

### **Monday, February 4**

Write a thank you card for someone on our BridgePrep of Palm Beach campus or in your community that provides an important service - everyone needs to know that they matter.

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**8**

Participate or lead a BPAPB or community clean-up event, or make an extra effort to do your part to keep your school and community litter free this week.

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**9**

### **Wednesday, February 6**

Eat lunch with or sit next to someone you don't know - we are all connected in some way!

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**10**

### **Thursday, February 7**

Help someone with a chore or task - we are always #StrongerTogether.

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**11**

### **Friday, February 8**

Give compliments to at least ten people today - positive words go a long way to make someone's day better and they will make you smile more as well!

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**12**

### **Saturday, February 9**

Write a note to a teacher, coach, or mentor and tell them about their impact on your life - none of us do this as much as we should!

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**13**

### **Sunday, February 10**

Volunteer at a place of worship, the food bank, or another place that has a need for extra hands- service is the best way to pay it forward!

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**14**

### **Monday, February 11**

Share on social media what you love about your school and community - capture it with pictures and tag us at #WeareBridgePrep

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**15**

### **Tuesday, February 12**

Write a letter to a deployed or wounded member of the military through Operation Gratitude or Soldiers' Angels.

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**16**

### **Wednesday, February 13**

Volunteer in a special needs classroom or facility - empathy and understanding help us relate to one another!

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**17**

### **Thursday, February 14**

Text or email someone you haven't reached out to in a long time in your contacts list and let them know you are thinking about them - hearing from people in our circle reminds us that we are never truly alone!