Wednesday, February 23, 2022 Pink Shirt Day

School District of Palm Beach County



Use the Hashtag: #BeKindPBC

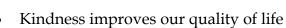
Tag us:
@pbcsd@selpbc

Some examples may include, but are not limited to, tweeting about:

- Something kind that someone did for you
- Something kind that you saw someone do for someone else
- Something kind that you did for yourself (self -care is part of being kind to yourself

Try some of these ideas:

- Random Act of Kindness
- Compliment 5 people
- Mystery Kindness Guest
- Write positive notes to your teachers or classmates
- Make a list of things you are thankful for
- Smile at someone just because



- Throughout the month of February, we invite you to help us share stories of kindness on Social Media using the hashtag #BeKindPBC
- Showing kindness to others is just as rewarding as receiving it from someone else.

Pink Shirts: https://dreamcatcherpromotions.com/?s=pink