

Wednesday, February 23, 2022

Pink Shirt Day

School District of Palm Beach County

Use the
Hashtag:
#BeKindPBC

Tag us:
@pbcscd
@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

- Kindness improves our quality of life
- 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>