

# OCTOBER



No More Bullying!

JOIN WAYSIDE WAIFS' KINDNESS CAMPAIGN FOR NATIONAL BULLYING PREVENTION MONTH  
CHALLENGE YOURSELF TO PRACTICE THE CORE VALUES EACH DAY  
TO CREATE A MORE KIND AND CARING COMMUNITY

Responsibility  
Compassion  
Humane  
Self Control  
Integrity

	SUN	MON	TUE	WED	THU	FRI	SAT
					1 Help cook a healthy dinner for your family!	2 Spend 15 minutes playing with your pet!	3 Teach an animal a new trick using their favorite treat!
	4 Donate to your local animal shelter!	5 Say hello to someone you've never met before!	6 Do something kind for a living creature!	7 Invite someone to try something new with you!	8 Spend time reading to an animal!	9 Give someone a compliment!	10 Volunteer with your family!
	11 Listen to your body and get rest. Be kind to yourself!	12 Make a new toy for your pet at home!	13 Make a healthy treat for you AND your pet!	14 Ask someone how they're feeling!	15 Active Listening: Make eye contact when someone is talking to you!	16 Tell someone why you are thankful for them!	17 Make a toy for an animal at an animal shelter!
	18 Take 3 deep breaths when you get angry!	19 Tell someone how you are feeling!	20 Make sure your pet gets the exercise they need today!	21 Do your homework or chores before playing games!	22 Follow directions the first time you are asked!	23 Stand up for someone!	24 Tell someone else they did a good job!
	25 Recycle something!	26 Do something nice for someone - don't tell them it was you!	27 Let someone else go ahead of you in line or out the door!	28 Take care of your pet without being asked!	29 Do the right thing, even when nobody is watching!	30 Put something back where it belongs!	31 Pick up trash off the ground, even if it isn't yours!

Do you have pictures of people practicing the Core Values or other ways to bring attention to Bullying Prevention Month? We want to see!  
Post them on our FB page "No More Bullying! Curriculum". Don't forget the hashtag!  
#BeKind #WaysideWaifs #BullyingPreventionMonth