

# February: Share the Love

February is the month of love and what better way to spread it than through fun and interactive challenges for your students. Get ready to inspire creativity and build teamwork as you guide your students through the 'Spread the Love Challenges'. Let's make this February one to remember!

## What You Need To Do:

- Pick a challenge each week and practice it daily! You can choose any of these challenges and complete them in any order
- Journal about your experiences every night or every morning to help you reflect and notice any changes in how you think, feel, and behave as you complete these challenges
- At the end of the week, write about why completing this challenge is important to you
- Finally, write about other ways that you can “complete this challenge” in your everyday life. Discuss what effect you believe this will have on you and other people’s perception of you

### #1

## Send a handwritten letter

With the increase of technology, handwritten messages are rare so it means more when you take the time to write it out to share the love. Sending a handwritten letter is a thoughtful and personal way to show someone you care.

### #2

## Share a creative positive video

Videos are a powerful way to spread positivity and inspire others. Tell your friends they are awesome, share to your Story and tag them! There is a lot of negativity on social media so getting an uplifting and fun message from a friend will make your loved ones day.

### #3

## Leave positive notes for strangers

Our country is very divided and you can remind people that we can all support each other in our day to day lives. Leaving a positive note to a stranger to find in a bathroom or on a car window will brighten someone's day! Small acts of kindness can make a big difference.

#4

### Call, FaceTime, or leave audio message to a loved one

In today's fast-paced world, it's easy to forget the importance of staying connected with loved ones. Hearing your voice is powerful. They will be able to hear the emotions instead of trying to guess from a text message.

#5

### Host a childhood activity

Everyone likes to go back to their childhood days when we were learning to share and to build connections. We get to play and connect. Try Playdough, friendship bracelets or coloring activity during lunch and ask conversation start questions with new friends!

#6

### Create a Post-It Wall

Nothing better than having a large positivity wall to allow everyone to come together as a community and share the love. Use post-it notes for students to answer meaningful questions and fill up the wall with positivity post-its! Examples:

- How is your heart today?
- Best advice for people struggling today
- Share the love by posting a shout out to a friend

At the beginning of each week, share which challenge you're taking on to Share the Love.

Turn in your work on or before  
**WEDNESDAY, MARCH 1.**

Tag @icanhelpofficial or  
e-mail [admin@icanhelp.net](mailto:admin@icanhelp.net) with a  
photo to share and inspire others  
to Share the Love!



### For grading assignment, look at:

- Completeness of challenge
- Overall quality of work presented (including spelling, grammar, mechanics, neatness)
- Accuracy of information presented
- Detail of answers (A = 4+ sentences per answer; B = approx. 2-3 sentences.)