

## Celebratory Event Ideas

On Celebration Day, celebrate with the FUN you planned for students or school fundraising incentive achievement. Need some inspiration? Check out these engaging, interactive ideas to celebrate with your students.

### National Dance Day

**September 17, 2022**

“Amplify Kindness” and kick-off your health. moves. minds. event with a National Dance Day event. This annual celebration, dedicated to dance, encourages people of all ages to incorporate dance into their lives.

### World Kindness Day

**November 13, 2022**

World Kindness Day is the perfect time to celebrate health. moves. minds., which helps schools build a culture of kindness, empowerment and inclusion. Help spread the message that your students will “Amplify Kindness” using our social media graphics — then join us as we build a kinder, healthier future for our nation’s youth.

### Random Acts of Kindness Week

**February 14-20, 2023**

Random Acts of Kindness week is the perfect time to kick-off or celebrate your health. moves. minds. event! Spread kindness all week long by choosing from the engagement ideas listed below. Incorporating kindness and mindfulness lessons is easy and can further your impact!

- Kindness Activity: Don’t Bust the Water Balloon (Grades K-5)
- Kindness Activity: Kind Message Cards (Grades 6-8)
- Mindfulness Activity: Analyzing Cell Phone Use (Grades 9-12)
- Random Acts of Kindness Week Daily Challenge Calendar (Grades K-8)

### National Day of Unplugging

**March 3-4, 2023**

Students pledge to not use their cell phone in recognition of National Day of Unplugging (or a day selected by the teacher/school). Another option is to ask students to go “phone-free” for a certain number of hours each day during a specified week. The goal is to promote active engagement with family and friends. Check out our [Physical Activity Calendars](#) to share physical activity ideas with your students and staff.

### International Dance Day

**April 29, 2023**

Close out your health. moves. minds. event by putting on your dancing shoes! Dance is universal... it brings us together whether we are the ones on the dance floor or watching others perform.

## Celebratory Event Ideas

### National PE & Sport Week

May 1-6, 2023

National PE & Sport Week is a celebration of the importance of physical and health education, in addition to kicking off National Physical Fitness and Sports Month. What better time to celebrate your health. moves. minds. event! Use our [free activities and lesson plans](#) to get started.

### Mind & Body 30-Day Challenge

Follow a [calendar](#) with daily challenges around mindfulness, kindness, and physical activity.

### Mindfulness Week

Encourage the entire school to incorporate mindfulness activities into classes throughout the week. Examples include:

- Start each day with a school-wide minute of meditation.
- Encourage all teachers to create a space in their classroom where students can take a mindfulness break by coloring, using a stress ball, doing a few stretching poses, following instructions for better breathing, etc.
- Play calming music in each classroom during individual work time. [Try list playlist.](#)
- Introduce stretching breaks to each class where teachers lead students in different poses.

### health. moves. minds.<sup>®</sup> Family Night

Use the health. moves. minds. Station Card Template to create an event where students and their families can participate in a variety of activities focused on mindfulness, kindness, and physical activity.

### Zen Night

Host a family night where students and their families engage in mindfulness activities such as meditation, better breathing, yoga, etc. while playing calm music.

### Kindness Week Challenges

Hold a school-wide challenge that encourages students to be kind to one another. Teachers will place a small token in the classroom's "bucket" each time they notice a student being kind. The class with the most tokens is named the "Kindest Class in the School." You can opt to do this without the competition piece.

### Send a Kind Message Day

Students take time to write kind messages to other students, teachers, friends or family members. This can be a stand-alone activity or incorporated into another event.

### Bike-, Dance-, Hula-Hoop-, Jump Rope-, Skate-, and Walk-a-thons, Fun Walks and Fun Runs

Physical activity is a stress reliever, no matter what the theme is!