



# 8th Grade Leadership Choice Board Week 2

<p>What are you grateful for? Write three things down. Try to make them different than any others you may have written down lately.</p>	<p>Be helpful to your parents without being asked.</p> <ul style="list-style-type: none"> <li>• Clean up your room</li> <li>• Take out the trash</li> <li>• Vacuum a room</li> <li>• Dust a room</li> <li>• Do the dishes</li> <li>• Pull some weeds</li> <li>• Help make a meal</li> </ul>	<p>Reach out to someone you haven't talked to in a while via phone, text, Face Time, Zoom, etc. Touch base and make sure they are doing okay.</p> <p>We need connection during times like this!</p>
<p>Call a friend from class and connect with them.</p>	<p>Exercise!!! 😊 It's just good for you.</p>	<p>Learn or relearn how to juggle. (You can use clean socks. Or dirty ones, but that is just gross! 😊)</p>
<p>Watch this virtual assembly by Houston Kraft. It's a great video about Agape` love. Share it with your family.</p> <p><a href="https://www.youtube.com/watch?v=SIpT1Ipqopg">https://www.youtube.com/watch?v=SIpT1Ipqopg</a></p>	<p><b>Kindness Challenge #3</b></p> <p>Choose a person who is important to you. Celebrate their <math>\frac{1}{4}</math> or <math>\frac{1}{2}</math> or <math>1/16^{\text{th}}</math> birthday for fun.</p> <p>Send them a BIG Happy Birthday note or text and tell them why you appreciate them.</p>	<p><b>Kindness Challenge #4</b></p> <p>Find a present or note/text that this person gave you.</p> <p>Call them and tell them how much you still appreciate it.</p>