



Season 2 | Episode 2

Houston Kraft

Instructions: Watch the video on YouTube ([LINK HERE](#)), and then answer the questions below on this page.

[Writing Prompt 1] As we practice social distancing in this fight against Coronavirus, how can we join Kevin and Houston and become Soldiers of Kindness? This week we're going to take ownership of kindness and collectively decide to create a culture of kindness that will continue when this crisis is over.

What is 1 thing that you can do to take ownership of kindness in your home?

What is 1 thing that you can do to take ownership of kindness with your friends online or on social media?

[Writing Prompt 2] Think of a classmate who you haven't communicated with in a while, but who you respect and appreciate. Take 5 to 10 minutes to write out a genuine compliment that you can give to them – a compliment that is meaningful and specific.

Write the compliment below.

[Writing Prompt 3] Think of a teacher or coach who you haven't communicated with in a while, but who you respect and appreciate. Take 5 to 10 minutes to write out a genuine compliment that you can give to them – a compliment that is meaningful and specific.

Write the compliment below.

Now, send the 2 people above their compliments. Do this without expectation of something in return. You are a Soldier of Kindness. Use #believeinyouchallenge online.