



A Dude Be Kind Week (DBK Week) is a time where we will remember to focus on how much kindness matters in our communities. This week spurs conversations and activities that promote kindness, gratitude and inclusiveness. Our week for 2019 is November 10-16.

Let's Get Started!

1

Create a team of people who will support your efforts to bring DBK to your organization.

2

Ask your team to think about WHY being kind is important to the community.

3

Brainstorm ways you can spread kindness on your campus or in your organization.

4

Plan a theme for each day of your DBK Week OR make it into a year-long effort!

5

Get your organization excited about the positive vibes coming their way.

6

Have a blast creating a great experience that will be discussed for many years!

