

# The Kindness Project In Memory of Lana Sproul



*Lana Sproul was a member of staff at Indus School from 2005 to 2023. She made a positive difference in the lives of students and staff and is remembered as a kind, caring and compassionate individual who brought out the best in everyone. We want Lana's memory to live on through the Kindness Project category in the Chestermere Country Fair Red Ribbon Competition.*

Any project that reflects acts of kindness will be accepted. These acts of kindness may be towards an individual or a group. Your act of kindness should take place over the course of at least one month. For example, making cards and delivering them to a seniors' centre or making a family dinner one night a week for a month.

## **SPECIAL PRIZES:**

1. Classes 1127 - 1129: Classes 1051 - 1121: Cash prizes and ribbons will be awarded to all 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place in youth classes.
2. Other prizes TBA

## **RULES:**

1. All general fair rules apply, please read carefully.
2. This project needs to be documented through photos, drawings, writing etc. in a journal over the summer.
3. It should take place over one to two months and should the journal should have at least six entries documenting the actions that were taken.
4. The initial entry should outline the plan for your Kindness Project and/or the actions that will be taken to carry out your project.
5. The final entry should be a reflection on the impact your Kindness Project had.

## **Class:**

- 1127. 6 years and under
- 1128. 11 years and under
- 1129. 17 years and under

