

MORE ACTIVITY IDEAS: SCHOOLS

These Activity Ideas for Schools provides a wealth of kindness ideas for students and staff. Feel free to adapt these ideas to your own campus environment!

Note: See also our "Teacher's Guide," which contains many other ideas!

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WELCOME!

Welcome to the Kindness Movement! We hope you find in these pages a wealth of ideas to help you encourage and promote Random Acts of Kindness (RAK) in your community! Whether you choose to implement these particular ideas or allow them to stimulate ideas of your own, we hope that your brainstorming and planning is both exciting and inspiring for you.

We call our volunteers Kindness Coordinators, and they come from all walks of life, ages, and professions. We hope you will decide to join our tens of thousands of participants and become a Kindness Coordinator in your area. Everything you do to share and promote kindness helps make the world a better place.

Please use our website to print our free resources. Our Activity Idea Guide provides many age-appropriate kindness ideas for schools, and our Teachers' Guide also contains hundreds of ideas, both simple and more involved. Our Project Planning Guide offers tips for planning and implementing projects. In addition,

**Practice Random Acts
of Kindness™**

The Random Acts of
Kindness™ Foundation

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using our Publicity Guide will allow your efforts to receive the media attention they deserve. We all need to read good news in our daily paper, and you can provide some of it!

All of the above guides are on our website at www.actsofkindness.org. While you're there, check out our free lesson plans, project plans, inspiration, and other resources!

Please let us know how you use the ideas in this booklet. Learning which ideas are implemented in different schools helps us improve our resources, so please tell us about your kindness activity or project. When you share with us your project description and reflections about that project, you are helping people around the globe!

We encourage you to use the handy webpage templates on our website and create your own kindness webpages! You can announce to others what kindness activities you have done, share photos, and make connections with other schools that have already posted their kindness webpages with us — all free of charge.

The staff of The Random Acts of Kindness Foundation is available to you for consultation and support. Our contact information is below, and we hope that you will take the initiative to stay in touch with us.

Your friends at The Random Acts of Kindness Foundation

Website: www.actsofkindness.org

Email: info@actsofkindness.org

RAK CELEBRATION DATES

2006

Random Acts of Kindness Week	Feb. 13-19, 2006
World Kindness Week	Nov. 13-19, 2006
World Kindness Day	Nov. 13, 2006

2007

Random Acts of Kindness Week	Feb. 12-18, 2007
World Kindness Week	Nov. 12-18, 2007
World Kindness Day	Nov. 13, 2007

Feel free to adapt the RAK Week dates to your own community. You are welcome to celebrate RAK Week or RAK Month any time of the year — or all year long! We support participants with ideas and materials on our website throughout the year.

Also, please keep us informed about your kindness activities. We are a clearinghouse for ideas, and your sharing of ideas will help thousands of others encourage kindness in their schools.

SCHOOL IDEAS

PRESCHOOL

FELT BOARD IDEAS

- ★ **Friendship Tree:** Put a felt tree on your board. Have a felt heart prepared with each child's name. Have the children close their eyes and each choose a heart with another child's name. They identify the name and think of something nice they could do for that child. Then they hang the heart on an empty branch on the felt board tree.
- ★ **Feelings Board:** Have faces prepared with different expressions (e.g., happy, sad) to place on a felt board. Each child takes a turn to tell how they feel and, if they wish, to explain the feeling. Expand upon the feeling if the child needs help, and have the other children think of ways they can help the child if he/she is sad, mad, etc.
- ★ **Lighthouse:** Create a felt lighthouse with good character traits angled out as light beams (e.g., kindness, respect, honesty, responsibility). Discuss how we can best shine our light, and talk about these different traits.
- ★ **Kindness Clown:** Create a clown for a felt board. Have the clown hold felt balloons. At group time, encourage the children to contribute kindness ideas (e.g., hug a friend, pick up toys). Put one idea on each balloon. Add other ideas as the children think of them.
- ★ **Virtue Tree:** Create a big tree on a felt board (or on a bulletin board for a longer display), and each week attach the shape of a leaf with a virtue written on it (e.g., courtesy, kindness, helpfulness, gentleness). Discuss the virtue at group time, and have children give examples of how to express the virtue.

STORY TIME / GROUP TIME

- ★ **Storytelling:** Create a very short story and have children respond. For example: Johnny is riding his bike. He falls off, hurts his knee, and starts to cry. What could you do to help him?
- ★ **Friendship:** Discuss at group time how you know people are friends (e.g., they smile at each other, help each other, hold hands). Then sing "The More We Get Together" and let the children hold hands in a circle and dance.
- ★ **Spider Web:** Have the children sit in a circle and explain that you're going to make a spider web. Give the first child the end of the string and the ball. He or she holds the end with one hand and with the other rolls the ball to another child. It continues in the same manner from child to child. Remind them to hang on. At the end, discuss that we are all connected and the importance of being kind to everybody in the class.
- ★ Hold Kindness Story Time once a week, during which children and teachers can share stories of kindness from their daily lives. Children could draw a picture about their kindness story and share it with the class. After sharing, talk about how kindness makes both the giver and the recipient feel. Also, discuss why kindness is important to both friends and families.
- ★ Hold a "Kindness Sharing Day" once a week. Sit in a circle, and have everyone in the class say something nice about one child. The teacher writes all the comments on a "You Are Special" sheet and gives it to the child or posts it on the bulletin board with the child's photograph.
- ★ In circle, have each child talk about one relative or friend and say why that person is so special. Then discuss what kind act (e.g., give a hug, draw a picture) the child could do to let the person know that he/she is special.
- ★ Encourage the children to do one nice thing every day, like give a hug, lend a crayon, or play with someone new.
- ★ Start each day with a story, slogan, or quote about kindness.

"The best way to cheer yourself up is to try to cheer somebody else up." - Mark Twain

ART / COOKING

★ **Uniqueness:** At group time, discuss what makes us unique as individuals. Discuss that we all have similarities and differences and the importance of acceptance. Have each child draw a picture of him/herself and a picture of a classmate (perhaps drawing the names out of a bowl). Then discuss the drawings in relation to similarities and differences between classmates.

★ **Friendship Hands:** Create hand prints of each child. String them together as if everyone is holding hands, and hang it in the classroom.

★ **Mommy's Favorite Book** (or Daddy, Grandma, friend, etc.): Have each child create a book, with help from an adult. The child specifies what to write in the blanks (Mommy's favorite food, song, outfit, things to do, etc.), and then creates accompanying artwork. This helps children find out about others' likes and dislikes and can be tied into caring for one another by respecting their preferences. It also makes a treasured gift!

★ **Friendship Salad:** Have each child bring an item to add to your friendship salad (e.g., strawberries, grapes). Design a big smile into the salad and discuss how everyone participated to make it smile.

★ **Stone Soup:** Read aloud the story "Stone Soup" and have each child bring in ingredients. Prepare the soup. Discuss how each child's contribution combines with other contributions, and they all work together to make something that wasn't there before. Celebrate the kindness of sharing!

OUTREACH

★ Adopt an assisted-living home and arrange some visits.

★ **Hop-a-Thon:** Organize a hop-a-thon to raise money for your RAK project or for a worthwhile cause. Have adults pledge money per hop, and donate the earnings. The children hop for one minute, with the teacher timing the minute. Make it a fun event with refreshments!

★ **Toy Giveaway:** Young children love growing up. Find a charity that needs used toys, books, etc. Initiate a toy drive at your school: have the children and their parents decide which toys the children have outgrown, and donate them.

PEACE

★ **Peace Rose:** The peace rose is used throughout the year after an initial group lesson about it. The peace rose is used when two children are having a difficult time resolving a conflict. It is placed in the same place for the entire year.

When two children are having a conflict, one of them (or a third child mediator) retrieves the peace rose. They discuss their problem by taking turns speaking and expressing their feelings. One child holds the rose and gets to talk without being interrupted by the other child. Then the rose is passed to the other child so he/she can talk uninterrupted. Whoever has the rose gets to talk without being interrupted by another child. After they have resolved their problem or overcome the difficulty, they all put hands on the rose and say "All declare peace." The flower is then replaced on the shelf.

★ **Peace Table:** Set up a special table with two chairs and a flower arrangement. If two children are having a difficulty, they may sit at the table and discuss it. They keep their hands in their lap, take turns without interrupting, and resolve their conflict. Then they may shake hands (or hug if they choose) and go back to their work. The lesson for this activity is given at the beginning of the year.

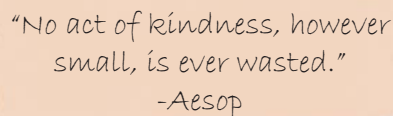
★ **Angel Box:** Have the children look for others being kind. When they notice something, they may write it down, draw a picture of it, or have the teacher write it out. Then they put it in the angel box. At the end of the week, the stories and drawings are read and discussed at group time.

★ Start a "sticker campaign" to spread kindness. Staff members and teachers can pick up stickers each Monday as they sign in, then give them to kids they observe doing a Random Act of Kindness, telling them exactly what they did to earn the sticker.

★ Have your classroom create a kindness quilt for display at the school, in a shopping mall, or at the mayor's office. Each child draws a kindness picture on a patch; then ask a group of parent volunteers to assemble the quilt. If multiple quilts are made, they can be distributed to children's hospitals and shelters for the homeless or abused.

★ Put a large blank banner in the entryway and invite the children to draw pictures about kindness on it. Students can then display the banner at a store or post it in the classroom as a reminder that kindness is fun.

★ Put up "Kindness Zone" signs at the entrances to your school and classroom to remind everyone to remember to practice Random Acts of Kindness.



"No act of kindness, however small, is ever wasted."
-Aesop

★Talk with the children about being kind to animals. Let them tell stories about how they are kind to their pets. Discuss how to take care of a dog or cat, including food, water, exercise, immunizations, and affection. Encourage them to draw pictures of animals, and post the pictures on a “Be Kind to Animals” bulletin board.

★Try a “Pizza Kindness Kids” event. Give each child a paper Kindness Pizza with sections marked. When they do a Random Act of Kindness for someone, that person signs one section. When all students have completed their Kindness Pizzas, they get a pizza party.

SONGS

Peaceful Friends

(to the tune of “I’m a Little Teapot”)

We come to school and like to say,
“Care for one another every day.”
We learn together and we play
Peacefully every day.

Be My Friend

(to the tune of “London Bridge”)

Susie, Susie, be my friend,
Be my friend, be my friend,
Susie, Susie, be my friend,
I like you.

(place each child’s name in song)

Sharing

(to the tune of “Row, Row, Row Your Boat”)

We share all our toys
With the other girls and boys,
We remember how to share,
Taking turns and being fair.

Let’s Be Kind

(to the tune of “Frere Jacques”)

Let’s be kind, let’s be kind,
In our heart and in our mind
To our family, to our friends,
May our kindness never end.

KINDERGARTEN - GRADE 2

★Hold Kindness Story Time once a week, during which students and teachers can share stories of kindness from their lives. Students could practice writing and/or drawing skills by preparing their stories before and during class. There could also be an interactive discussion afterwards, including brainstorming possible classroom kindness activities, reflecting how kindness has made a difference in their lives, and discussing school events and how kindness could help.

★Put photos of kind acts in hearts on classroom or hallway walls. After a few months of display, donate the display to a hospital or shelter.

★Ask your principal to start each day with a reading about kindness over the intercom.

★Put up “Kindness Zone” signs at the entrances to your school and classroom to remind people to practice Random Acts of Kindness.

★Hold a “Kindness Card Day.” Distribute three cards to each child, with the names of the three students whose last names are right after theirs alphabetically. Everyone in the class writes something nice on the cards — or draws pictures — their three kindness pals. Then distribute the cards by name (each child should receive three completed cards), and spend time sharing what others wrote.

★Distribute a checklist of ideas for kind acts to students during RAK Week, encouraging each student to complete some or all of the kind acts listed. Activities could include: picking up litter, smiling and saying thank you to the bus driver, and eating lunch with someone new.

★Start a “sticker campaign” to spread kindness. Staff members and teachers can pick up stickers each Monday as they sign in, then give them to students they observe doing a kind act, telling them exactly what they did to earn the sticker. The kids can then give their stickers to someone in the community they see doing an act of kindness.

★Have the students write a kind note to relatives and friends, letting them know why they are special.

★Start a Random Acts of Kindness Club and resolve to do at least one act of kindness per week. Tell the class of your activities and outcomes.

★ Have the students create an alphabetical list of easy kindness activities together. For instance:

- A: I pet a friendly **A**nimal.
- B: I **B**rought my laundry to the washroom.
- C: I helped a person **C**arry something.
-
- X: I gave someone in my family an e**X**tra hug.

Then make up a kindness page on bright paper with the A - Z activities listed on it. As students complete each kindness activity, they can tell about it and punch out that letter with a hole punch (with help, if needed). When the students punch out their letters completely, they get their names on a bulletin board with a quote from them about why kindness is important or how their kindness activities made them feel.

★ Try a “Pizza Kindness Kids” event, where each child gets a Kindness Pizza divided into sections. When they do a kind act for someone, that person signs one section. When all the students have completed their Kindness Pizzas (with all sections signed), they get a pizza party.

★ Have classrooms create a kindness quilt for display at the school, in a shopping mall or at the mayor’s office. Each student draws a kindness picture on a patch; then parent volunteers assemble the quilt. Give the quilt to a children’s hospital, homeless shelter, or safe house.

GRADES 3 - 5

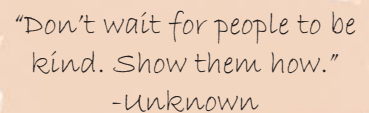
★ Put a large blank banner in the entryway to the school and invite all students, teachers, administrators, parents and other community members to write their kindness stories on it. Students can then present the finished banner to the principal, display it at a library, or post it in the classroom as a reminder of the positive effect that kindness has on people.

★ Have students tape themselves reading picture books. Send each tape, along with the corresponding book, to a children’s hospital for patients to use.

★ Work with schools, businesses and merchants to raise “Pennies for a Kindness Park” (or other community beautification project). Pennies don’t seem to have much value, but when combined, they do make a difference. In the same way, one kind act may seem insignificant, but many kind acts practiced daily have great impact. Be sure to inform the media and community government of your plans. These offices may publicize your cause or match your donation.

★ Distribute a checklist of ideas for kind acts to students during RAK Week, encouraging each student to complete some or all of the kind acts listed. Activities could include: picking up litter, smiling and saying thank you to the bus driver, and eating lunch with someone new.

★ Plan a classroom or school recycling effort. Contact an agency to see if it would be willing to remove your items for recycling. Find out how they must be sorted and stored. Collect and recycle everything you can. If your area has a children’s museum, contact them to see if they can use recycled materials for children’s projects. If you turn in recycled items for cash, donate the proceeds to a charity. Contact the media for publicity; perhaps others will join the recycling effort.



*“Don’t wait for people to be kind. Show them how.”
-unknown*

★ Create a Random Acts of Kindness Journal in your classroom by posting large sheets of paper on the walls. Allow students in your classroom, students from different grade levels, senior citizens, etc., to write personal stories about acts of kindness on the paper. Rotate the journal through different grades within your school. Send it to the main office and then to other schools.

★ Ask older students to teach younger students to tie their shoes or another activity.

★ Sponsor the planting of a Kindness Tree or Kindness Garden. With the help of youth groups, service clubs, or other volunteers, plant the tree or flowers in a public area, like a park or walking trail. Post a kindness plaque by the display for others to read about kindness.

★ Start a Random Acts of Kindness Club and resolve to do at least one act of kindness per week. Record everything in a journal and prepare to read entries in your class.

- ★ As a class, adopt a pet that can be cared for in the classroom. Rotate the pet care responsibilities among the students. Discuss the demands and rewards of caring for another living being, whether it is a pet or another person (e.g., an ill sibling, an injured or belittled classmate).
- ★ Have classrooms create a kindness quilt for display either at the school, in a shopping mall, or at the mayor's office. Each student draws a kindness picture on a patch; then parent volunteers assemble the quilt. If multiple quilts are made, they can be distributed to children's hospitals, homeless shelters, or safe houses.
- ★ Hold a canned food drive and give the food to a food bank or shelters for the homeless or abused. Be sure to include some kindness cards or letters with the delivery.
- ★ Hold a children's kindness drawing or coloring campaign. Start with the older grades and ask for pictures depicting a Random Act of Kindness to be submitted for the contest. The author of the winning drawing could receive a book about kindness. Then copy the drawing and hold a coloring contest (using the winning drawing) for the younger grades. The coloring winner could also receive a kindness book. Ask your town library or shopping mall to post the winning entries for the public to see.
- ★ Start a ribbon campaign and give out kindness ribbons to be worn and passed on to others. Students could sign the back before passing them along. Gather the signed ribbons and give them to a shopping mall, municipal building, or city hall to be displayed.
- ★ Have the students create an alphabetical list of easy kindness activities together. For instance:

- A: I **A**ided someone who needed help on the playground.
- B: I **B**rought my laundry to the washroom.
- C: I helped a person **C**arry something.
-
- X: I gave someone in my family an e**X**tra hug.

Then make up a kindness page on bright paper with the A - Z activities listed on it. As students complete each kindness activity, they can tell about it and punch out that letter with a hole punch. When the students punch out their letters completely, they get their names on a bulletin board with a quote from them about why kindness is important or how their kindness activities made them feel.

- ★ Set up a Custodian Appreciation Day and have students clean classrooms for the custodians. Be sure to make a banner or card telling your custodians how much they are appreciated. A kindness basket could also be given to these special people.
- ★ Children can make kindness coupons that parents, siblings, and friends can redeem for kind favors.
- ★ Put up "Kindness Zone" signs at the entrances to your school and classroom to remind people to practice Random Acts of Kindness.
- ★ Your school's student council or RAK Club can sponsor an activity each day during RAK Week and can announce the events each morning over the intercom. Some activity ideas include: picking up trash in the vicinity, visiting senior citizens in a rest home, serving a meal in a soup kitchen, or helping socialize animals in an animal shelter.
- ★ Ask your principal to start each day with a reading about kindness, or let students do a reading over the intercom.
- ★ Have classrooms create murals depicting kindness and bring them to nursing homes and senior centers. Hold a class field trip and tell the recipients about each student's particular part of the mural.
- ★ Study kind people in history. Then have students illustrate their kind works and discuss them in class or write a report.
- ★ Start a RAK "button campaign" to spread kindness. Staff members and teachers can pick up buttons each Monday morning, then give them to students they observe doing a kind act, telling them exactly what they did to earn the button. The kids can then give their button to someone in the school or community that they see performing an act of kindness.
- ★ Create a program where kids write their commitments to specific Random Acts of Kindness on construction paper cut out in the shape of footprints. The completed footprints are then put up on the walls of the school, with a sign saying, "Follow the way to a kinder school" or "Walk the path of kindness."
- ★ Connect classrooms in the hallway with cutouts in the shape of people, with the theme "Kindness Connects Us All." On the cutouts, students can write kindness stories or the name of a fellow student seen doing a kind act. Save the cutouts for a school scrapbook or distribute the footprints to the community.
- ★ Form a group of students to help the school staff. In the cafeteria, younger students can clean lunch trays, while older ones can patrol the aisles to give the adult monitors a break. Also, students can pick up trash or dust classrooms for the evening custodian.

- ★ Write a kind note to relatives and friends letting them know why they are special.
- ★ Create a “smile file” with cartoons that make students smile. The kids can pick out a cartoon to cheer up a friend in need.
- ★ Have students write their acts of kindness on paw prints cut out of construction paper. Post the paw prints in the hallways with the title “Paws for Kindness.”

GRADES 6 - 8

- ★ Have older students “mentor” new students for the day. The students can participate in an ice-breaker activity, eat lunch together, play a game together, and the older students can show the new students around the school.
- ★ Gather a collection of kindness stories from students, teachers, families, and administrators. Publish and distribute the collection to the school and community. Allow students to keep a few copies to give to people who have made a difference in their lives or to offer as a Random Act of Kindness.
- ★ Hold a teddy bear drive and collect new and used teddy bears throughout the school and community. Gather all of the teddy bears and donate them to the police or fire station or to a children’s hospital.

*“Love all. Serve all.
Help ever. Hurt never.”
- Sathya Sai Baba*

- ★ Plan a classroom or school recycling effort. Contact an agency to see if it would be willing to remove your items for recycling. Find out how they must be sorted and stored. Collect and recycle everything you can. If your area has a children’s museum, contact them to see if they can use recycled materials for children’s projects. If you turn in recycled items for cash, donate the proceeds to a charity. Contact the media for publicity; perhaps others will join the recycling effort.

- ★ Start a ribbon campaign and give out kindness ribbons to be worn and passed on to others. Students could sign the back before passing them along. Gather the

signed ribbons and give them to a shopping mall, municipal building, or city hall to be displayed.

- ★ Produce audio books by reading and recording books that would appeal to children who are homebound or in the hospital. Donate the audio books to a hospital.

- ★ Conduct a newspaper kindness search. Have the students look through the newspaper for stories about acts of kindness and summarize the stories for the rest of the class. Keep a file of all clippings and make a kindness book to be handed down through the years.

- ★ Put up “Kindness Zone” signs at the entrances to your school and classroom to remind people to practice Random Acts of Kindness.

- ★ Ask the school or town librarian to forgive late fines during RAK Week. In return, volunteer to help librarians with organization, book returns, etc.

- ★ Create and deliver baskets of kindness for the elderly or shut-ins. Talk with merchants and ask for free supplies or ideas. Take a class field trip to deliver the baskets.

- ★ After calling ahead to see if the site can accept cooked items, create a special dessert in a class with cooking facilities, and deliver it to a senior center, church group, hospital, or nursing home. Be sure to include kindness stories with your dessert delivery.

- ★ Pass out free coffee or hot chocolate to commuters at bus stops or transit stations. Be sure to have a banner and a smile to encourage people to practice Random Acts of Kindness.

- ★ Have a school-wide activity asking students to write and illustrate a book giving “tips for thriving in middle school” to the incoming students. This would be published and distributed at registration to encourage new students and help them become a part of school life.

- ★ Hold a canned food drive and give the food to a food bank or shelters for the homeless or abused. Be sure to include some kindness cards or letters with the delivery.

- ★ Sponsor the planting of a Kindness Tree or Kindness Garden. With the help of youth groups, service clubs, or other volunteers, plant the tree or flowers in a public area, like a park or walking trail. Post a kindness plaque by the display for others to read about kindness.

- ★ Study kind people in history. Have students illustrate their kind works and discuss them in class or write a report.

- ★ Volunteer to tutor younger students in math, science, spelling, etc.

- ★ Make hearts for Valentine’s Day and post them all over the school. Include the name of one student, teacher, administrator, custodian, volunteer, etc., and a kind act to complete on each heart. Encourage students to find their hearts and complete the kind act written on it. Record comments and thoughts about the activity from students and staff members and publish them in the school newspaper.
- ★ Your school’s student council or RAK Club can sponsor an activity each day during RAK Week and can announce the events each morning over the intercom. Some activity ideas include: picking up trash in the vicinity, visiting senior citizens in a rest home, serving a meal in a soup kitchen, or helping socialize animals in an animal shelter.
- ★ Set up a Custodian Appreciation Day and have students clean classrooms for the custodians. Be sure to make a banner or card telling your custodians how much they are appreciated. A kindness basket could also be given to these special people.
- ★ Write a kind note to relatives and friends, letting them know why they are special.
- ★ Plan a school-wide RAK nomination campaign. Students can nominate fellow students and faculty whom they have observed committing a Random Act of Kindness. Post nominations in a visible place. At the end of the campaign, all the nominations can be used in a drawing for prizes.
- ★ Encourage students to bring in — on a particular day — a handwritten note for disaster victims’ families, pennies for a charity, or a toy for a holiday toy drive. Stamp the hand of those students who bring in an item, and allow them to wear a cap or hat that day, or give them a special button to wear.
- ★ Start a Random Acts of Kindness Club and resolve to do at least one act of kindness per week. Record everything and turn in a journal as a final project or extra credit.
- ★ Create a puppet show about kindness and present it to elementary schools.
- ★ Make individual checklists for students during RAK Week, encouraging each student to complete some or all of the kind acts listed. Activities could include: helping neighbors weed their lawns; writing a note to a supervisor of someone who has helped you and thanking them for having such a wonderful employee; leaving enough money in the vending machine for the next person to get a free treat; picking up litter; offering to baby-sit for free to give a single parent an evening off; surprising someone in your house with breakfast in bed (and cleaning up the kitchen); shoveling your neighbor’s driveway or mowing the lawn; smiling and saying thank you to the bus driver; and helping someone carry bulky items.

GRADES 9 - 12

- ★ Contact community people who are actively promoting kindness, and request that they visit your school for classroom discussions or an assembly.
- ★ Create a kindness box to be displayed in the cafeteria, teachers’ lounge, community centers, etc., for students, teachers, administrators, and community members to deposit personal stories about acts of kindness, kindness wishes, or proposed activities for Random Acts of Kindness Week. Collect all of the ideas/stories, assemble a group (e.g., student council, service clubs) to implement some of the ideas, and publish the comments in the school’s newspaper.
- ★ Plan a “working” field trip for students to spend a day helping out at a nursing home, shelter, soup kitchen, or retirement community.
- ★ Conduct an annual “Kindness Poster” contest with elementary schools. Choose winners from each grade level and arrange for them to visit the high school, participate in a high school RAK activity, or receive a kindness item, such as a special book or memento. Display the posters at a shopping mall, city hall, or the mayor’s office.
- ★ Organize a group from your school to go out and perform acts of kindness — such as cleaning up a schoolyard or park, delivering baskets of goodies to elderly people in the community, visiting a nursing home to provide conversation and company to the residents, and teaching at a literacy center. Contact the media about your group’s activities to gain publicity for your efforts and to recruit more volunteers.
- ★ Hand out reminders, such as buttons you have made with a kindness slogan on them, at the homecoming parade, school assemblies, prom, and other school functions.
- ★ Hold a teddy bear drive and collect new and used teddy bears throughout the school and community. Donate the teddy bears to a children’s hospital or to the police or fire station for distribution to traumatized children.

*“Kind words can be short and easy to speak but their echoes are truly endless.”
-Mother Teresa*

- ★ Create and deliver baskets of kindness for the elderly or shut-ins. Talk with merchants and ask for free supplies or ideas. Take a class field trip to deliver the baskets.
- ★ Put up “Kindness Zone” signs at the entrances to your school and classroom to remind people to practice Random Acts of Kindness.
- ★ Organize a blood drive dedicated to Random Acts of Kindness. Your class/group could donate blood to a specific hospital or cause. At the drive, distribute Random Acts of Kindness reminders, such as kindness bookmarks or ribbons you have made. Also, another group could bake cookies or supply donuts and orange juice to the donors.
- ★ After calling ahead to see if the site can accept cooked items, create a special dessert in a class with cooking facilities, and deliver it to a senior center, church group, hospital, or nursing home. Be sure to include kindness stories or letters with your dessert delivery.
- ★ Your school’s student council or RAK Club can sponsor an activity each day during RAK Week and can announce the events each morning over the intercom. Some activity ideas include: a trash pick-up, a visit to a senior home, homeless shelter, children’s hospital, or animal shelter.
- ★ Create a puppet show about kindness and present it to elementary schools.
- ★ Ask the school or town librarians to forgive late fines during RAK Week. In return, volunteer to help librarians with organization, book returns, etc.
- ★ On a rainy or snowy day, organize a group of students to travel to the parking lot of a shopping mall or grocery store. Wipe rain/snow off shopping carts and cars, and hold umbrellas for shoppers on the way to their cars.
- ★ Set-up a Custodian Appreciation Day and have students clean classrooms for the custodians. Be sure to make a banner or card telling your custodians how much they are appreciated. A kindness basket could also be given to these special people.
- ★ Create kindness poems, raps, skits, songs, plays, etc., and perform them at a school kindness rally. Invite the media, sports or entertainment personalities, elementary schools, and community members to share in the rally.
- ★ Have a school-wide activity asking students to write and illustrate a book giving “tips for thriving in high school” to the incoming freshman. This would be published and distributed at registration to encourage incoming freshmen and help them become a part of school life.

*“Waste no more time talking about great souls and how they should be. Become one yourself!”
-Marcus Aurelius*

- ★ Start a ribbon campaign and give out kindness ribbons to be worn and passed on to others. Students could sign the back before passing them along. Gather the signed ribbons and give them to a shopping mall, municipal building, or city hall to be displayed.
- ★ Set up a free coffee and/or hot chocolate station near a heavily commuted area. During warm months, offer water and lemonade. Be sure to have a banner and a smile to encourage people to practice Random Acts of Kindness.

- ★ Sponsor the planting of a Kindness Tree or Kindness Garden. With the help of youth groups, service clubs, or other volunteers, plant the tree or flowers in a public area, like a park or walking trail. Post a kindness plaque by the display for others to read about kindness.
- ★ Organize days for your school mascot to travel to elementary schools, senior citizen centers, etc., to hand out Random Acts of Kindness reminders, such as bookmarks you have created with kindness quotes or slogans on them. Send a press release about the event to the media, and publish stories about the visits in your school newspaper.
- ★ Gather your school’s choir or singing group, and sing oldies or uplifting songs at a senior home.
- ★ Plan a classroom or school recycling effort. Contact an agency to see if it would be willing to remove your items for recycling. Find out how they must be sorted and stored. Collect and recycle everything you can. If your area has a children’s museum, contact them to see if they can use recycled materials for children’s projects. If you turn in recycled items for cash, donate the proceeds to a charity. Contact the media for publicity; perhaps others will join the recycling effort.
- ★ Play upbeat music over the intercom during breaks between classes and during lunch.
- ★ Write a kind note to relatives and friends letting them know why they are special.
- ★ Raise funds for charities through an all-school or county-wide kindness program by holding a pledge walk or run, or even a concert.
- ★ Make hearts for Valentine’s Day and post them all over the school. Include the name of one student, teacher, administrator, custodian, volunteer, etc., and a kind act to complete on each heart. Encourage students to find their hearts and complete the kind act written on it. Record comments and thoughts about the activity from students and staff members and publish them in the school newspaper.

- ★ Start a Random Acts of Kindness Club and resolve to do at least one act of kindness per week. Record everything and turn in a journal as a final project or extra credit.
- ★ Select a Community Kindness Day and encourage students to bring in a handwritten note for disaster victims' families, pennies for a charity, or a toy for a holiday toy drive. Stamp the hand of those students who bring in an item, and allow them to wear a cap or hat that day, or give them a special button or sticker to wear.
- ★ Make individual checklists for students during RAK Week, encouraging each student to complete some or all of the kind acts listed. Activities could include: giving money to someone to make a phone call; welcoming a new student; taking someone out to lunch; bringing teachers "treats of appreciation"; helping a lost student try to find a classroom; holding the door for someone; bringing your teacher or a staff member coffee or tea one morning; picking up trash on campus; helping someone carry a heavy load into the school; offering to baby-sit for free to give a single parent an evening off; or driving someone home who usually has to walk or wait for a long time.
- ★ Hold a canned food drive and give the food to a food bank or shelters for the homeless or abused. Be sure to include some kindness cards or letters with the delivery.
- ★ Have a "Senior Kindness Day." All seniors will have this day off if they perform a Random Act of Kindness, record it, and turn it in to teachers the next day.
- ★ Produce audio books by reading and recording books that would appeal to children who are homebound or in the hospital. Donate the audio books to a hospital.
- ★ Encourage the school newspaper to create a special "kindness" section, where good news about acts of kindness can be reported. If there is no school paper, make a classroom kindness newspaper or bulletin board.
- ★ Invite role models to public events to speak about the importance kindness has played in their lives. Invite the community and media to the event.
- ★ Bridge the gap between rival schools with students from both campuses collaborating together on a RAK project they have chosen.

COLLEGE

COMMUNITY SECTORS TO ACTIVATE

- School districts and educators
- Hospital administrators and volunteers
- The city council or mayor's office
- Senior centers and retirement communities
- Fire and police departments
- Faith groups
- Community centers
- Arts organizations
- Merchants, corporations, and manufacturers
- Parent groups, such as the PTA
- Professional organizations
- Bookstores
- Libraries
- National service or volunteer organizations, such as the Junior League, Boys & Girls Clubs, etc.
- Local TV and radio stations
- Newspaper bureaus

STUDENTS

- ★ Take a new or transfer student under your wing.
- ★ Give another driver your parking spot.
- ★ Really listen when someone is talking.
- ★ Spend an afternoon visiting with residents at a senior center or nursing home. Organize a sing-a-long or a bingo game.
- ★ Baby-sit for parents of young children to give the parents a day or evening to themselves.
- ★ Look for the good in everyone you meet.
- ★ Give an extra concert or ball game ticket to a stranger.
- ★ Help someone struggling with heavy bags.
- ★ Invite someone new to lunch.
- ★ Compliment a stranger about something he or she is wearing.
- ★ Smile at people you pass on your way to class.

CLASSES, DEPARTMENTS, OR CAMPUS GROUPS

- ★ Draw Kindness Buddy names and secretly do something kind for that person during the week.
- ★ Create kindness poems, raps, songs, plays, etc., and perform them at a campus kindness rally or at local elementary and secondary schools.
- ★ Bring coffee, donuts, or chocolate kisses/hugs to campus workers who don't usually get thanked.
- ★ Form a group to help the school staff with activities like clearing cafeteria lunch trays, picking up trash, or cleaning up classrooms for the evening custodian.
- ★ Write anonymous positive notes to one another, saying what makes the recipient special.
- ★ Hand out coffee and hot chocolate to passersby on a cold, wintry morning, or lemonade and water during warm weather.
- ★ Solicit requests from the homebound for assistance with shopping or household projects, and organize people to do them.
- ★ Go to a supermarket on a rainy day, and dry off shopping carts or hold umbrellas for shoppers on their way to their cars.
- ★ Set up a kindness booth during the noon hour at a central place on campus, and give away ideas for acts of kindness and two lollipops or flowers — one to keep and one to give away.
- ★ Create decorations or kind messages for a meal-delivery program.
- ★ The bookstore at a Colorado university provides cards for the students to write kind messages to the faculty and staff. University employees and students deliver them to the recipients at the end of RAK Week.

CAMPUS ACTIVITIES

- ★ Hold a campus-wide kindness story contest.
- ★ Put up blank banners in public areas and invite students and faculty to write their kindness stories for all to enjoy.
- ★ Ask professors, popular artists, or government officials for pledges to perform Random Acts of Kindness. Post the results.
- ★ If you have a radio station, ask the radio staff to create Random Acts of Kindness programming, such as listeners calling in their stories of kindness, or the ANNOUNCER reading submitted stories or selected readings from kindness books.
- ★ Hold a campus kindness rally and invite speakers and musicians to give awards to kind students, professors and staff members.
- ★ Get student campus organizations involved with projects such as creating a campus-wide rally or clean-up, or hosting kindness storytelling parties.
- ★ Raise funds for charities through a campus kindness program, like a pledge walk or run, or even a concert.
- ★ Hold a teddy bear drive. Deliver the bears to police and firefighters to give to traumatized children.
- ★ Collect kindness stories and create a customized campus kindness book for distribution.
- ★ Post banners with kindness slogans.

COMMUNITY ACTIVITIES

- ★ Put up "Kindness Zone" signs at the entrances to the campus.
- ★ Host a community event and invite role models to speak about the importance kindness has played in their lives.
- ★ Work with schools, businesses, and merchants to raise "Pennies for a Kindness Park" (or other community beautification project). Pennies don't seem to have much value, but when combined, they do make a difference. In the same way, one kind act may seem insignificant, but many kind acts practiced daily have great impact.
- ★ Contact your newspaper, radio, or TV station to share kindness stories. The media can use Random Acts of Kindness as a topic for talk shows, editorials, features, or public service announcements. This is an opportunity to talk about RAK Week activities and put the public in touch with event organizers.
- ★ Ask volunteers from a campus service club to prepare a special meal or dessert for the residents of a nursing home.
- ★ Ask your campus library or bookstore to host storytelling events and to display books about kindness and some other information about the Kindness Movement.
- ★ Place collection boxes in merchants' stores to gather kindness stories from their customers. Then create a special newsletter featuring the stories.
- ★ Ask the campus librarian to forgive late fines during RAK Week.
- ★ Create a Random Acts of Kindness mascot to circulate on campus, distributing gifts and/or suggestions for acts of kindness. The mascot can also visit schools to talk about kindness.
- ★ Invite faith groups or schools to come together as a "harmony choir" and perform.

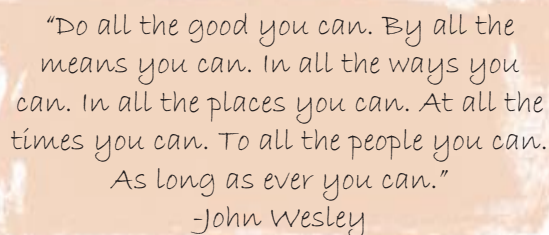
"Giving is the secret of a healthy life. Not necessarily money, but whatever a person has of encouragement, sympathy and understanding." -John D. Rockefeller, Jr.

ADMINISTRATION

- ✦ Praise the work or attitude of a teacher.
- ✦ Bring someone a cup of coffee, hot cocoa, or a soft drink.
- ✦ At a faculty meeting, talk with teachers about acts of kindness you all have given or received.
- ✦ Leave a kind note in the faculty lunchroom with suggestions like, "Take a deep breath and move peacefully through your day."
- ✦ Post copies of inspirational poems or thoughts for all to enjoy.
- ✦ Put a supportive note on teacher's desk or in his/her mailbox.
- ✦ Carry small wrapped candies in your pocket to give as "angel kisses" to someone who needs a lift.
- ✦ Attach suggestions for acts of kindness to Hershey Kisses and Hugs. Each administrator, teacher, or staff member takes a candy and then performs the RAK suggested to benefit another administrator, teacher, or staff member.
- ✦ Sponsor a kindness drawing or coloring campaign for your staff's children.
- ✦ Put plants in your facility. A study at Washington State University indicates that living indoor plants may increase productivity and reduce stress for employees.
- ✦ Boost morale on campus by having your staff submit stories about kindness in the workplace. Start with a memo giving them information about the RAK movement and asking them to submit their stories. When the week is over, distribute the stories as a collection, post them on a Kindness Bulletin Board, or include one or more in each school newsletter. If you don't have a newsletter, create a weekly or monthly Kindness Bulletin and keep it going throughout the year!
- ✦ Create a "good news" bulletin board to fill with upbeat news about teachers (such as write-ups about the teachers' accomplishments and ideas, or photos of their families or newborn babies).

FACULTY

- ✦ Invite someone new to lunch.
- ✦ Welcome and get to know new hires.
- ✦ When a teacher needs to talk, meet him or her at lunch and listen with compassion.
- ✦ Tell a fellow teacher or a principal why you appreciate him or her.
- ✦ Walk a colleague to the car or bus at nighttime for safety.
- ✦ Leave a treat on the desk of a teacher with whom you normally don't get along.
- ✦ Write, draw, make, or buy something encouraging for a colleague who is experiencing difficulties.
- ✦ Offer to baby-sit a colleague's children for an evening.
- ✦ Remember others' birthdays and important events.
- ✦ Take a photo of your colleagues at work and give it to them so their families can see them on the job.
- ✦ Help an overworked colleague with some tasks.
- ✦ Place a flower on the desk of each of your team members or fellow teachers.
- ✦ Do some yard work for a colleague who is ill or recovering from surgery.
- ✦ Refrain from negative talk; concentrate on the positive.
- ✦ Surprise a colleague with a soft drink, coffee, or bottled water.
- ✦ Share the not-so-pleasant tasks at work.
- ✦ Show your appreciation to colleagues through words and notes.
- ✦ Bring in a treat to share with the faculty.
- ✦ Keep a Kindness Journal of kind acts you observe among your students. Read it aloud and discuss it with your students once a week. This will help raise students' awareness of the impact of their daily actions, and it may encourage you as well.
- ✦ Give a compliment.
- ✦ Allow a colleague's teenager to shadow you for a day and learn about your job.
- ✦ Write a letter commending a colleague who helped you, and address it to your principal.
- ✦ Share positive news and quotes with others.
- ✦ Teach one of your skills to another teacher, and learn a skill from him or her as well.



"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can."
—John Wesley

OUTDOOR KINDNESS ACTIVITIES

- ★ Take a moment of silence. Think about how the world would be a different place if we were all kind to one another.
- ★ Pick up trash on the playground or around the schoolyard.
- ★ Clean up graffiti.
- ★ Pair younger students with older students. The older student can serve as a mentor and teach the younger student new games, how to tie his/her shoes, how to jump rope, etc.
- ★ Learn about bicycle and scooter safety. Discuss how you can be a kind rider.
- ★ Using chalk, draw pictures and kind words on the cement around the school and playground.
- ★ Notice wildlife and plants and talk about ways to keep them and their environment clean, safe, and healthy.
- ★ Make up kindness songs or cheers and corresponding movements.
- ★ Play “telephone” and pass along a nice saying.
- ★ Play freeze-tag and “unfreeze” the person by saying something kind about them.
- ★ Find a peaceful spot. Read kindness stories and then write your own.
- ★ Plant trees and flowers.
- ★ Learn about and discuss playground safety, courtesy, being a good sport, etc.

“Always be kind, for everyone is fighting a hard battle.” - Plato

PEACEFUL SCHOOLS

One of the most important ways to maintain peaceful schools is to help your students develop and practice kindness and empathy. Kindness and empathy work together; a person is empathic toward someone in distress and then extends a helping hand in kindness. In fact, a common trait among perpetrators is the lack of empathy; that is, they are unable to put themselves in their victims’ place and anticipate the pain of the offense to the victim.

Another important factor in maintaining peaceful schools is setting a school standard that action must be taken when a wrong is being done. Administrators need to provide students with various avenues of action, because students have different levels of comfort regarding conflict and intervention. One student may wish to advise an adult, under assurance of anonymity. Another may be willing to intervene in the situation directly. In any case, the school must clearly set the expectation that bystanding students and staff are to take some kind of action. Each observer must do something.

School authorities are responsible for providing several means of reporting misbehavior or injustice, including peer counselors, adult advisors, and/or a collection box for anonymous reporting. Mediation training for all students – not just high achievers – is imperative as well. Students need to know that they have a variety of ways to take action and deal with uncomfortable or threatening situations.

Here are some activities that can help promote peace in your school.

- ★ After reading a novel together, assign each student a character from the book. The student writes a simple poem or a paragraph from the character’s point of view, including the character’s imagined thoughts, feelings, and/or fears. This exercise encourages the development of empathy in your students.
- ★ After a noteworthy or troubling current event, provide time for your students to discuss their reactions and feelings together. Share your own reflections. Ask your students how they think those involved in the event felt or are feeling. Help them name the emotions they describe. Convey how important it is for us all to understand what we’re feeling and perhaps to share it with someone we trust.
- ★ Hold a discussion about trust, tying the discussion into a current event or school event, if possible. Include a discussion of whom we might trust to share certain kinds of information. Mention some trustworthy people in the school, such as a school resource officer or a guidance counselor. Discuss confidentiality as it applies to these adults.
- ★ Discuss the demands and rewards of caring for another living being, whether it is a pet or another person (e.g., an ill sibling, an injured or belittled classmate).

★ Watch for newspaper articles that describe people who are especially kind and caring to others. Explore the choices these people made along the way to become involved in helping others. How did the caring person feel about the act of kindness he or she had done? What was the effect of the kind act on the recipient? What decisions did the kind person make during his/her life to enable him/her to act kindly or nobly? These questions also could be asked concerning characters in novels the students are studying.

★ Ask students to suggest interpersonal problems that they may encounter in school, and lead the class in discussing various solutions and responses to those situations.

★ Form all incoming students into small groups, with each group led by a couple of older students. This allows the students to meet other new students, have contacts among older students, and learn about campus life and the layout of the school in a supportive, welcoming atmosphere.

★ Create an ongoing student kindness committee. These students, along with teachers, watch for kids who seem to be lonely, withdrawn, or not adjusting well to campus life. The committee members can reach out to these students: greet them in the halls, talk with them, encourage them, offer suggestions, check back with them now and then, and invite them to various functions or club meetings. Simply knowing that someone cares can help a student through a difficult time in his or her life.

★ Teach conflict as a normal result of different kinds of people interacting with one another. Be sure that all students – not just the high achievers – are trained in healthy conflict resolution methods, and reinforce this training often with them, visually (e.g., posters and other media) and through case studies, role playing, etc.

★ Discuss different personalities and gifts that people bring to the world. Help students understand that everyone has positive gifts and talents to offer, regardless of personality type, academic or athletic proficiency, physical ability, or financial status. Use examples like Stephen Hawking, Franklin D. Roosevelt, Cesar Chavez, Helen Keller, Rosa Parks, Abraham Lincoln.

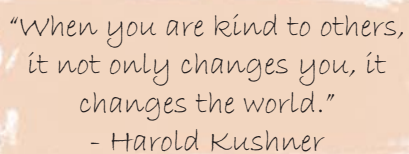
RESPONDING TO TOUGH TIMES

Occasionally, troubling events such as personal tragedies, school violence, regional disasters, or national emergencies erupt. Students and staff alike may experience grief, fear, horror, and helplessness.

Human tragedy is often accompanied by acts of kindness, as people help one another through traumatic events. This instant overlooking of our differences to help one another in emergencies is important to discuss at length with your students. It demonstrates that when we are threatened as a community, kindness often plays a vital role. People reach out to one another, including strangers or people with whom they might not normally associate.

One of our responses to these traumatic events is often a deeply felt need to connect with those who suffer, and this is where acts of kindness can empower students and staff. Kindness sets students in motion and helps create hope and action where there might be despair and bewilderment. Students are forging a positive future for themselves and others through the kindness they share.

Here are some ideas for helping students respond to tough times with kindness:



*"When you are kind to others,
it not only changes you, it
changes the world."
- Harold Kushner*

★ Create banners on white butcher paper with drawings and expressions of support and hope. Send or deliver the banners to those in need. Students can also create a paper quilt by writing on colorful cardstock squares and gluing them onto a large paper background. Of course, if someone has sewing abilities, a fabric quilt with messages of support can be assembled and sent.

★ Using examples of acts of kindness performed during the tragedy, involve the classroom or the entire school in a Random Acts of Kindness program.

Students can describe each act of kindness they do on a star, hand, or other cutout, and post it in honor of a victim, a survivor, or someone in their own circle of family and friends, noting the name of the honoree on the cutout.

★ Students can host fundraisers in honor of those affected by natural disasters and either mail the proceeds or provide items they need, such as blankets or diapers.

★ Students can do any of the kindness activities noted in this guide as a way to honor victims of a traumatic event.

★ If a particular student is seriously ill, students can create cards and write letters to cheer the student up. Have students rotate and make a five-minute phone call to the homebound student at a pre-appointed time each day to cheer the student up

and keep him/her connected with the classroom. A mother whose child received this honor during a long illness said that those calls were the highlight of her child's day.

★ If a student or staff member dies, have students write their fond memories of the person and send them to the family. Very young students can dictate those memories to an adult, who can compile them into a booklet. All ages can include illustrations.

★ Ask students to do one act of kindness for a family member or neighbor as a way of spreading kindness in their part of the world. Afterward, discuss together both the reaction of the recipient and the way the student felt about the act of kindness. Kindness empowers children as they learn through experience that they can change their world in positive ways.

★ During writing practice, have students journal their thoughts and reflections on kindness. Ask them to note how they felt before, during, and after doing an act of kindness or a classroom kindness project. They can also reflect on how their acts of kindness made a difference in others' lives.

★ Have students express their experiences with a school kindness project — connecting it with the traumatic event they were responding to, if appropriate — in writing, art, collage, and any other medium that can be collected into a book or a display. Create the book or display to share with others in the school. If you create a book that can be duplicated, send one home with each child to share with family. A display could be created for parents during a special evening event and/or shared with the community at the library or community center.

★ Help students make kindness a habit; let their communal response to tragedy be a kinder life. Have students keep a Kindness Journal, write a kindness pledge on the first page, and use the rest of the pages to describe and reflect on acts of kindness they do. Also, ask them to describe moments when they might have done an act of kindness but didn't. This activity raises their awareness of their daily behavior, its consequences, and how they might respond differently next time.

★ Your students can adopt a classroom pledge, such as "Each of us will do one acts of kindness every week," and track those kind acts on a wall chart. In addition, students can receive a sticker, tack a star cut-out with their name on it to the bulletin board, or do some other visual activity when they have completed their kind act.

★ Ask students to dream of a kinder world and describe it verbally, in writing, or in illustration. Then ask them to complete this sentence: "To help create this kinder world, I will..." Cite Martin Luther King's "I Have a Dream" speech, explaining how he led the way and worked with others to bring profound change to our country.

★ Connect with a school in the area of the tragedy and "adopt" the student body, sending letters, banners, brightly colored paper cranes, or other items of hope.

★ Model kindness and compassion to your students, understanding that we all respond to tragedy in different ways and with different timing. Discuss this with your students, helping them understand that they need to treat one another with sensitivity and care as well. This is a good time to discuss kindness to oneself — getting enough sleep, eating right, exercising, spending time with friends or family, taking quiet time as needed, talking to a trusted person about emotions, etc.

TEEN TO TEEN

★ Give someone a flower or a lollipop to show you care.

★ Invite someone new to your home to hang out.

★ Volunteer at a shelter, a hospital, or a nonprofit organization.

★ Mediate an argument between friends.

★ Help a pal wash her/his car.

★ Help a teacher.

★ When friends get depressed, write them a note or bring them their favorite candy. Encourage them to talk; listen and let them know you care and are there for them.

★ Volunteer to baby-sit a neighbor's kids when their parents need a day or an evening out.

★ Fill up your brother's or sister's gas tank when you borrow the car.

★ Cook a surprise dinner for your parents, complete with candles and a menu.

★ Stick up for someone who is getting picked on.

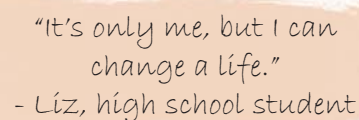
★ Eat lunch with someone who is new or sitting alone, or invite him or her to your table.

★ Help a student with a computer problem or a tough homework assignment.

★ Do yard work or shovel the walk of an elderly neighbor.

★ Invite a friend who's angry to go for a walk, work out at a gym, or shoot some hoops with you.

★ Help someone change a tire.



*"It's only me, but I can
change a life."
- Liz, high school student*

- ★ Talk to a student you've never talked to before.
- ★ Unload the dishwasher without being asked.
- ★ If someone is short on cash, lend him or her lunch money.
- ★ Tell or write your friends why they are important to you.
- ★ Take your brother or sister to get an ice cream cone or a smoothie.
- ★ Create "Kindness – Pass It On" cards for friends to pass from one person to another to accompany kind acts that they do. The card might have a simple graphic with the words: "This act of kindness was performed especially for you. Please offer an act of kindness to someone else, and pass this card on to them."

A group of teens in Littleton, Colorado, decided to have a Random Acts of Kindness Day before they dispersed for college. Since they all had summer jobs, they saved some money to prepare for the day, and each of them asked for the day off from work.

They began the day by eating breakfast out and leaving a generous tip for their waitperson. Then they came home and baked cookies together. They delivered a large batch of cookies to the firefighters' station and a smaller batch to an elderly neighbor whose wife had died recently.

Then they went to the store and bought some bath products and delivered them with some more cookies to a neighboring mother whose husband was extremely ill. Finally, that evening they entered a restaurant and paid (anonymously) for the meal of an elderly man who was sitting at the counter eating alone.

Afterwards, the teens talked about their day. They remembered the gratitude of the elderly neighbor when they brought him cookies and the appreciation of the stressed-out mother who received the bath products. The teens were very happy with the way things had worked out, and they felt it was a great way to celebrate their friendship and reach out to the community at the same time.

Kindness activities teach students a lifelong interpersonal skill and affirm students who may not be recognized in other ways.

**Practice Random Acts
of Kindness™**