



KINDNESS IN ACTION: FEBRUARY

Random Acts of Kindness Day

Random Acts of Kindness Day is February 17, 2022, and if you're up for it, Random Acts of Kindness Week is February 13 - 19, 2022. RAK day and week remind us how easy and beneficial it is to be kind to others in our daily lives and to watch our actions inspire others.

HOW TO

Random acts of kindness can be planned, completely spontaneous or a mix of the two. *psst...Most important part...don't take any credit..don't brag...just enjoy the feeling of being kind to others and maybe witness them paying it forward.*

Here are some suggestions:

- Create a piece of **art** to bring happiness to someone's day. Gift it to a specific individual or display it where others may see it.
- Give someone a specific, genuine **compliment**.
- Offer **encouragement** to someone who is struggling or trying something new.
- Let someone you haven't seen in awhile **know** that you are thinking about them.
- **Write** a letter to a friend or family member.
- **Hug** a loved one.
- Have a **judgement-free** day (avoid snarky comments and try your best to avoid snarky thoughts).
- Have a **social media-free** day.
- **Complain less**.
- Spend time **playing and laughing** with loved ones, friends, and classmates.
- **Help** someone (hold a door, do a sibling's daily chore, help your grownups).



SUPPLIES

Will vary, but for many acts of kindness, there are no supplies needed!

- Create a **Kindness Wall** at your school/workplace. You'll need space for 2 sections. Label one: "Need Some Kindness? Take a Kindness!" and label the the other "Kindness Witnessed"
 - "Need Some Kindness? Take a Kindness!" you'll need to provide kind thoughts and pictures for those who need a pick-me-up during the day. Make sure they can be easily taken off the wall so that people can take the one that speaks to them. Offer paper and pens for those who are inspired to leave a kind thought for a stranger. Include a prompt encouraging others to take what they need and leave what they can.
 - "Kindness Witnessed" Offer paper (sticky notes will work best...or include tape) and pens for people to celebrate acts of kindness they witnessed and post them to the wall. Post directions and get the wall started by posting some kind acts you've witnessed.
- **Secret Kindness "Elves"**: (with your friends, family, co-workers, classmates, teammates, etc.) Draw names but do not share with the group who drew who. Each participant will perform secret acts of kindness for the person whose name they drew as often as possible on RAK day or during RAK week. Start a group chat or poster board where everyone can share what acts of kindness they received. shhh...no telling it was you!
- **Thank** all the helpers in your life today or this week. Helpers include, but are not limited to,
 - a caregiver or family member who makes your lunch for school/work, wakes you up, etc.
 - bus drivers
 - crossing guards and safety patrol
 - cafeteria staff
 - custodial staff
 - teachers, support staff
 - the postal worker who delivers your mail (leave a note in the box)
 - the sanitation workers who pick your trash
 - your coach

MAKE IT YOUR OWN

Have an idea to celebrate Random Acts of Kindness that is not on the list above? Please [share](#). Your idea may be an inspiration for another club!

CONNECTION

What benefits did you receive by being kind to others?

Were you the recipient of a Random Act of Kindness? What impact did that have for you? How did it impact your actions going forward that day?

Why is it our responsibility to pay it forward and help the people around us? What are the benefits to our community/family/school when we do?

How can you make a difference after what we learned today?

Is there something that inspired you today that you would like to share with others?

Contact ambassadorsupport@km365.org for questions or comments. 😊