

**RANDOM
ACTS OF KINDNESS**
#RAKWEEK2017 12-18 FEBRUARY RANDOMACTSOF.US

get started with kindness ideas for:
schools
universities
businesses
community groups
individuals

schools

SCHOOLWIDE

1. Post kind sticky notes on lockers, bathroom mirrors and hallways
2. Start the day with a positive announcement
3. Post a gratitude bulletin board in the hallway
4. Create a “caught being kind” bulletin board for people to recognize acts of kindness they see
5. Have one classroom or grade do a random act of kindness for the other
6. Create a [third-party compliments box](#)
7. Raise money for a person or cause
8. Set up a thank you note station in your school
9. Surprise your fellow students with treats
10. Practice giving compliments to strangers. A kind word can change someone’s entire day. Don’t just think it, say it!
11. Organize a book drive for another school in need of more books
12. Kindness Jar: Write down kind acts on slips of paper (example: sit by someone who is alone at lunch, pick up trash in the hallway, write a thank you note) and have students or staff take one!

FOR TEACHERS:

1. Write positive notes on students’ desks
2. Recognize kind students during the week
3. Ask students to write each other compliments
4. Start the day with a positive quote or morning meeting
5. Start a staff meeting with an inspiring video
6. Incorporate kindness into your writing prompts
7. Create a board in the teachers’ lounge to recognize positive actions of other teachers
8. Set up a thank you note station in your classroom
9. Email or write a former teacher who made a difference in your life
10. Kindness Jar: Write down kind acts on slips of paper (example: sit by someone who is alone at lunch, pick up trash in the hallway, write a thank you note to a teacher) and have students or staff take one!

FOR STUDENTS

1. Write a thank you note to someone who deserves more appreciation
2. Smile at the first three people you see
3. Help another student with their homework
4. Thank your custodian
5. Reach out to someone new
6. Hold the door open for one person today
7. Send a card around the bus to thank your bus driver

8. Bring coffee or treats for your teacher
9. Write an anonymous note of appreciation to one of the school employees, teachers or students

universities

1. Start a happiness file. Every time you receive a compliment, a kind message from a professor or see an inspirational quote, add it to the file.
2. Create a gratitude journal
3. If someone once said or did something that made a positive difference in your life, but you didn't thank them for it properly, find them and thank them now.
4. Bring tea, coffee, or a snack to a friend who has had a long week.
5. Post positive sticky notes around your campus. To make this even easier, in one sitting, write a stack of positive sticky notes. Then, whenever you leave the house or feel inspired, take a few of the sticky notes and post them around town.
6. Have a free hug day on campus. Set up tables in various places and let the hugging begin.
7. Say good morning to at least three strangers on your way to class.
8. Leave an inspirational quote on your desk so that the next person who sits there will see it.
9. Befriend someone new in your class who usually sits alone. Be sure to ask them questions about their major, dorm, family, etc.
10. Give "study packs" to students in the library. Add snacks, coffee gift cards and kind message.
11. Pick up litter around your campus.
12. Hold up positive signs for cars or students walking by.

businesses

1. Post a quote about kindness on your social media platforms.
2. Offer a giveaway to fans who share kindness stories.
3. Ask each employee to write an act of kindness on a note and put them in a jar. Take turns taking out a note and completing it that week.
4. Dedicate one day of the week to going into the community and doing something kind for others.
5. Compliment a competitor or fellow business on social media.
6. Set up a thank you note station in your office.
7. Highlight awesome fans/followers on social media.
8. Start a happiness file for yourself or your team. Every time you receive a compliment, a kind message from a professor or see an inspirational quote, add it to the file.
9. Start a meeting with a positive rant about someone.
10. Buy lunch for the person who serves it.
11. Speak highly of someone when they're not there.
12. Notice someone trying to be great and encourage them.
13. For one day, include praise in every email you write.
14. Check-in on someone from your last job.
15. Give your boss kudos for keeping the ship running.
16. Write someone a linkedin recommendation.
17. Cancel a meeting or dedicate that time instead to doing an act of kindness.
18. Challenge audience to vote on favorite acts of kindness completed by your staff.
19. Ask your audience for acts of kindness ideas and do one!
20. Place positive sticky notes on computer screens, bathroom mirrors, or around your workplace.
21. Give a handwritten thank you note to a coworkers.
22. Compliment the first three people you talk to.
23. Clean the office refrigerator or microwave.
24. Leave a thank you note, or say thank you in person to the custodial staff.
25. Surprise someone who deserves more appreciation, maybe the cleaning crew or a night-shift employee with a treat!
26. Learn the names of the people in your building. Already know everyone? Spend five minutes getting to know one person a littler better.
27. Team up with a brand ambassador or community organization to do something kind in your community.
28. Collect \$1-\$5 from each coworker. Together, decide what to do with it or a person to give it to.
29. Work in customer service? Make an effort to be extra helpful and friendly to your customers.
30. Create a list of random acts of kindness to share with your followers.
31. Challenge your followers to do one random act of kindness.

32. Post an inspiring video or quote each day of the week.
33. Have billboard or sign space? Use it to post a positive quote or message.
34. Have cashiers give customers flowers.

community groups

1. Hold up positive signs on the sidewalk for traffic (works well in parks too for runners/bikers!).
2. Collect money and decide on a cause or person to give it to.
3. Think of all of the people who help your group and pick 3 people to write a thank you letter to.
4. Host an elevator party in a nearby business building.
5. Ask each group member to write a kind act on a slip of paper and put it in a jar. Then have every person take one out and do that item.
6. Bring food or treats to your local fire station, police station, or hospital.
7. Buy groceries or coffee for the person behind you in line.
8. Post positive sticky notes or signs around town: bus stops, gas pumps, car windshields, store fitting rooms, anywhere that needs a little more positivity.
9. Team up with another community group to do something together!
10. Donate old towels or blankets to an animal shelter.
11. Pick up litter around your community.
12. Surprise a fellow community group with an act of kindness.
13. Ask your fans or social media followers for acts of kindness ideas and pick one to do.
14. Share stories of kindness around your group.

individuals

1. Pay it Backward: buy coffee for the person behind you in line.
2. Compliment the first three people you talk to today.
3. Send a positive text message to five different people right now.
4. Post inspirational sticky notes around your neighborhood, office, school, etc.
5. Tell someone they dropped a dollar (even though they didn't). Then give them a dollar.
6. Donate old towels or blankets to an animal shelter.
7. Say hi to the person next to you on the elevator.
8. Surprise a neighbor with freshly baked cookies or treats!
9. Let someone go in front of you in line who only has a few items.
10. Leave a gas gift card at a gas pump.
11. Throw a party to celebrate someone just for being who they are, which is awesome.
12. Have a LinkedIn account? Write a recommendation for coworker or connection.
13. Leave quarters at the laundromat.
14. Encounter someone in customer service who is especially kind? Take an extra five minutes to tell their manager.
15. Leave unused coupons next to corresponding products in the grocery store.
16. Leave a note on someone's car telling them how awesome they parked.
17. Try to make sure every person in a group conversation feels included.
18. Write a kind message on your mirror with a dry erase marker for yourself, your significant other or a family member.
19. Place a positive body image notes in jean pockets at a department store.
20. Smile at five strangers.
21. Set an alarm on your phone to go off at three different times during the day. In those moments, do something kind for someone else.
22. Send a gratitude email to a coworker who deserves more recognition.
23. Practice self-kindness and spend 30 minutes doing something you love today.
24. Give away stuff for free on Craig's List.
25. Write a gratitude list in the morning and again in the evening.
26. Know parents who could use a night out? Offer to babysit for free.
27. Hold up positive signs for traffic or in a park for people exercising outside!
28. Return shopping carts for people at the grocery store.
29. Buy a plant. Put it in a terracotta pot. Write positive words that describe a friend on the pot. Give it to that friend!
30. Write a positive comment on your favorite blog, website, or a friend's social media account.
31. Have a clean up party at a beach or park.
32. While you're out, compliment a parent on how well-behaved their child is.
33. Leave a kind server the biggest tip you can afford.
34. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.

35. Pay the toll for the person behind you.
36. Put 50 paper hearts in a box. On each cutout write something that is special about your partner or a friend. Give them the box and tell them to pull out a heart anytime they need a pick-me-up.
37. Everyone is important. Learn the names of your office security guard, the person at the front desk and other people you see every day. Greet them by name. Also say “hello” to strangers and smile. These acts of kindness are so easy, and they almost always make people smile.
38. Write your partner a list of things you love about them.
39. Purchase extra dog or cat food and bring it to an animal shelter.
40. Find opportunities to give compliments. It costs nothing, takes no time, and could make someone’s entire day. Don’t just think it. Say it.
41. Take flowers or treats to the nurses’ station at your nearest hospital.
42. Keep an extra umbrella at work, so you can lend it out when it rains.
43. Send a ‘Thank you’ card or note to the officers at your local police or fire station.
44. Take muffins or cookies to your local librarians.
45. Run an errand for a family member who is busy.
46. Leave a box of goodies in your mailbox for your mail carrier.
47. Tape coins around a playground for kids to find.
48. Put your phone away while in the company of others.
49. Email or write to a former teacher who made a difference in your life.
50. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!