

Kindness Activity Wall

Purpose: to do kindness acts for each other: students, teachers, and staff

Materials: a large (5-7' long) sheet of butcher paper, colored markers, bin, masking tape.

Directions:

1. Tape butcher paper on a highly visible wall.
2. Students, teachers and staff are to write (using the markers in the bin next to the butcher paper) a kind act that they would like another student, teacher, or staff to do, not necessarily for them, but for anyone to do while at school. For example: sit by someone who is sitting alone at lunch, help tutor someone who needs extra help, pick up trash in the hallway, say something kind to someone you do not know, write a thank you note to a teacher, make a new friend today, etc.
3. Each person reads an act of kindness that they would like to do then they do it!
4. Once the act is complete, the person should cross it out on the butcher paper.

Suggestions: Introduce these lessons to students so that they understand the expectations and purpose/goal of these activities. Say, "Since this is a kind activity meant to help us all create a kinder school by being kinder people, we all need to write kind things (words that will not offend anyone such as bad language or inappropriate activities). We can do this because of the kind people we already are! Let's keep our overall intention of spreading kindness at (school name) focused on what is good! Set a personal intention by making it your goal to write and complete one activity each day. Together, we can make (school name) the kindest school ever!" Adults will need to monitor what is being written and Sharpie out any inappropriate things.

If you post about these activities, please use the hashtag #RAKweek so we can find them online.

Other activities and information for RAK Week can be found at: www.randomactsofkindness.org/rak-week.

Kindness in a Mason Jar

Purpose: to do kindness acts for each other: students, teachers, and staff.

Materials: a Mason jar or another container (one per classroom and one for the staff), kind acts written out on strips of paper (enough so that everyone gets an activity)

Directions:

1. Print kind acts onto strips of paper: For example: sit by someone who is sitting alone at lunch, help tutor someone who needs extra help, pick up trash in the hallway, say something kind to someone you do not know, write a thank you note to a teacher, make a new friend today, etc. Additional grade level kind acts can be found at: randomactsofkindness.org/kindness-project-ideas
2. Put strips into a Mason jar.
3. Each person pulls one strip out and is encouraged to do that kind act sometime during RAK Week.
4. Using the Five W's (Who, What, Where, Why, When, and How) have students write in their RAK journal or share aloud their kind activity experience. Staff can share at their staff meetings or professional development days.

