

Ideas for Random Acts of Kindness:

http://materials.randomactsofkindness.org/pdfs/6684/RAK_Focusing_Strategies_2015.pdf

- Make kindness cool through having the students initiate a club, group or ash mob where they promote or do kind acts around the school.
- Celebrate kind things that have happened at your school during a school assembly or pep rally.
- Produce a news segment on the school news channel or for the school website with “Kindness in the News,” promoting kindness in your school community.
- Have students write “Random Notes of Kindness” and slip them into other students’ lockers.
- Celebrate your school support staff by having a surprise breakfast or clean-up day to show how much you appreciate them.
- Commit as a school to doing acts of kindness in the community through service projects or small actions.
- Post a thermometer or a kindness jar in the school and record the acts of kindness or community service and celebrate as the thermometer or jar gets filled.
- Add a school award along with the typical academic and sports awards for a student or students who make a difference at school and/or the community with kindness.
- Give as many High-Fives as possible in 10 seconds.
- Write a simple encouraging statement or message of kindness or compassion on their hand and ash it to people in the class and then for the rest of the day. If students are struggling, suggest things like: You matter. You’re beautiful. Good things are happening around you. You rock.