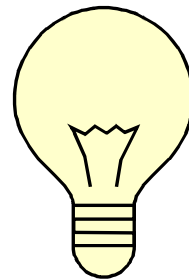


Random: A kind act is "random" when it is unexpected, done for no reason and without expecting something in return.

Kindness: Helping someone who needs guidance or assistance.

Random Acts of Kindness: When we do a Random Act of Kindness, we give for the sake of giving; we act simply out of the goodness within us.

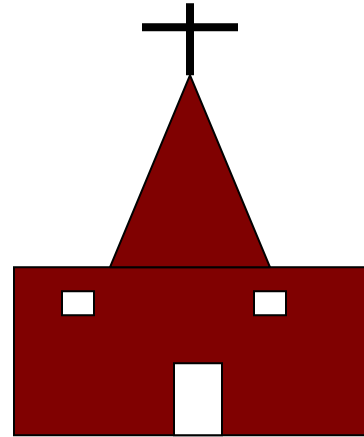
SCHOOL



- ❖ **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.
- ❖ **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 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 class.

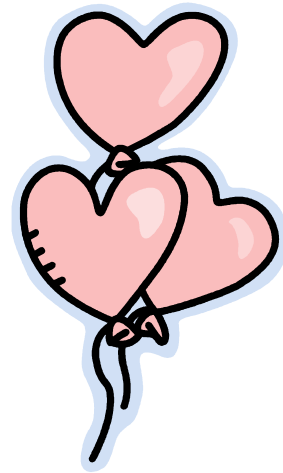
- ❖ **Friendship Hands:** Create hand prints of each child. String them together as if everyone is holding hands, and hang it in the classroom.
- ❖ **Toy Giveaway:** Young children love growing up. Find a charity that needs used toys, books, etc. Initiate a toy drive at your school: have the children and their parents decide which toys the children have outgrown, and donate them.
- ❖ **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 class writes something nice on the cards—or draws pictures—for their three kindness pals. Then distribute the cards by name, and spend time sharing what others wrote.
- ❖ **Conduct a newspaper kindness search:** Have the students look through the newspapers for stories about acts of kindness and summarize the stories for the rest of the class.
- ❖ **Hold a canned food drive:** 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.
- ❖ **Create a puppet show about kindness:** Present it to elementary kids.
- ❖ **Wave to a crossing guard:** Brighten your crossing guard's day with a simple gesture of hello.
- ❖ **Give another student your space in the lunch line:** Strike up a conversation with someone new by allowing them in your space.
- ❖ **Really listen when someone is talking.**
- ❖ **Have an ethnic potluck:** Give everyone the name of a country. Each student researches an area and brings in an entrée or dessert from that part of the world. Dress in clothing from that region and discuss kindness as the "international language".

CHURCH



- ❖ **Hold a Random Acts of Kindness Bingo:** Donate the profits to a community group or family in need.
- ❖ **Form a volunteer group:** Visit nursing homes or senior centers with recordings of songs that bring back memories.
- ❖ **Set up free coffee and cookies:** Offer free coffee and cookies after each mass for parishioners.
- ❖ **Draw Kindness Buddy names during a service:** Participants can secretly do something kind for that person during the week.
- ❖ **Hand out roses:** Give roses to each parishioner after masses for them to give to a neighbor.
- ❖ **Introduce yourself to someone new:** If you don't know someone in the parish, smile and introduce yourself.
- ❖ **Sponsor the planting of a Kindness Tree or Kindness Garden:** With the help of volunteers, plant the tree or flowers in a public area. Post a kindness plaque by the display for others to read about kindness.
- ❖ **Volunteer to help at school:** Volunteer your time at your school.
- ❖ **Plant flowers:** Help plant new flowers around your church.
- ❖ **Gather your choir:** Sing uplifting songs at a senior home.
- ❖ **Take up a collection:** Purchase items needs by a nonprofit organization.

INDIVIDUALS



- ❖ **Help a neighbor:** Help work or plant a garden or run errands.
- ❖ **Leave money in vending machine:** Leave extra money in the vending machine for the next person to get a free treat.
- ❖ **Smile:** Smile and say hello to someone you don't know.
- ❖ **Offer to baby-sit:** Offer to baby-sit for free to give a single parent an evening off.
- ❖ **Provide homework help:** Provide tutoring to younger relatives or neighbors.
- ❖ **Sew comfort items:** Give to police trauma unit or a children's area of the hospital. Traumatized children and pediatric cancer patients appreciate small quilts or stuffed animals for cuddling. Chemotherapy patients often need head coverings.
- ❖ **Create photo albums:** Give to your family and friends to remind them of special times.
- ❖ **Call someone who doesn't drive:** Invite him or her out to lunch or a movie.
- ❖ **Drive safely and courteously.**
- ❖ **Ask your children to help:** Ask them to wash an elderly neighbor's car, mow the lawn or rake leaves without charge.
- ❖ **Let someone merge into traffic during the ride home.**
- ❖ **Organize a blood drive:** Dedicate it to Random Acts of Kindness Week.
- ❖ **Invite someone to lunch:** Invite a co-worker out to lunch.**Help co-worked colleague:** Help with some tasks during the day.**Place a flower on each co-worker's desk.**