



Random Act of Kindness Day

optimal grades: 4th – 12th

be nice. action plan focus: invite

materials:

- Random Acts of Kindness slips

directions:

This is an opportunity for students in the entire school to **invite** themselves to perform a Random Act of Kindness!

1. Decide a day that will be Random Act of Kindness Day in your school. February 27th is National Random Act of Kindness Day, if you want it to coincide!
2. As a be nice. Leadership Group, brainstorm simple Random Acts of Kindness that students and staff can do throughout the day.
 - Exs: notice something good about a stranger and compliment them, invite yourself to hold the door open for 5 people, invite yourself to sit with someone new at lunch, empower a friend by giving them a hug, empower your family by helping out with a chore, etc.
3. Transfer your brainstorm list to printable sheets of paper and cut them out (it's okay to repeat!)
4. Discuss the activity on the announcements.
5. Pass out one slip to each student in the building. This might be while they are walking into school, or during 1st hour.
6. Ask participants and witnesses to think about how inviting yourself to act kindly can positively impact someone's whole day.
7. Make sure every member of the group is assigned a few acts that they will perform throughout the day.

