

# Random Acts of Kindness (RAK) Week 2012

February 13-19<sup>th</sup>

## Student Kindness Challenges:

**Monday (2/13): Manners Day:** Your kindness challenge for today is to put your best manners forward. In all of your interactions and communications with classmates and teachers today, remember to use your manner words. Words of Please, Thank You, Your Welcome, Excuse Me, and I'm Sorry should be heard throughout LPC today!

- Students awarded with tickets for Manner Words heard (writing words on board throughout the day as they are heard) or (as a class creating a list of all the manner words they can think of).

**Tuesday (2/14): Kindness Card Day & Valentines Day:** Share your feelings of love and thanks to others important in your lives (teachers, friends, school staff, bus drivers, parents, relatives, sisters/brothers, coaches). Use your words to thank someone for being such as good friend, give a compliment to Mrs. Grier and Mrs. Martin in the office, write a note, draw a picture, or make a card.

- Use a template shared with teachers to create a Kindness Card or create your own from scratch that can be given to as many of these people as possible today. Distribute the cards along with a smile, high-five, or hug thanking them for all they do to help you.

**Wednesday (2/15): Friendship Day:** Your kindness challenge for today is to introduce yourself to another student in your class and/or in your school that you typically do not talk or play with on a regular basis. Create a new friendship by saying hello to a new face, ask questions to get to know him or her, ask him or her to join in on a game, teach someone something new, share a joke/story, and/or share information about yourself. Today is a day for you make some new friendships.

**Thursday (2/16): Filling the Buckets of Others:** Your challenge for today is to spread kindness by helping others in our community, state, and/or world. Before leaving today, your goal is to think of a way in which you, your class, and/or our school can reach out and help others similar to the Fill a Bucket with Food Drive and Fill a Bucket with Warmth Winter Clothing Drive. Write your ideas down on paper and share them with your teacher.

These ideas will then be shared with Mr. Resh and Mr. Swantner for consideration in future community outreach projects. You are also encouraged to take on challenges on your own and relay them back to our school (creating your own food drive with your family). You can also complete this challenge by bringing in an item of winter clothing for our school's Winter Clothing Drive. Finally, going along with the Kindness Card Day:

- Create a card and or picture that will be given to elderly residents living Oak Leaf Manor Personal Care Community in Landisville. Send all items to Mr. Resh who will make sure they are sent to these people to brighten their day.

**Weekend Challenge: Family Random Act of Kindness:** Your kindness challenge for the weekend is to show kindness towards family members and friends over the weekend. Help out around your house by doing things without being asked by your mom or dad such as cleaning up your room, putting away toys after playing, offering to help clean up after dinner, brush your teeth, make your bed in the morning, turning off the television, and being respectful and responsible with your parents requests and directions the first time they ask you to do something. If your parents share these RAK of school staff, your kindness efforts will be rewarded to bonus bucket filling tickets!