

# Random Acts of Kindness Week 2018

February 12<sup>th</sup>-16<sup>th</sup>

## “Kindness Starts with One”

Dear Stockton Families,

We are excited to be celebrating Random Acts of Kindness Week (RAK Week) this school year. The week will be filled with activities for our students to learn, explore, and practice kindness. Studies have indicated that promoting kindness in youth promotes self-confidence, optimism, leadership, and increased happiness. This coming week, students and staff will be a part of many fun and engaging character-building experiences in recognition of RAK Week. Please see our scheduled events and activities below. For more information and additional resources visit [randomactsofkindness.org](http://randomactsofkindness.org).

### Events & Activities

#### **Spirit Days:**

Monday 2/12: “Nothing Beats Kindness”-Wear your favorite team jersey or uniform

Tuesday 2/13: “Crazy for Kindness”-Wear crazy hair

Wednesday 2/14: “Peace, Love, and Kindness”-Wear pink or red

Thursday 2/15: “Ride the Kindness Wave”-Wear surf/beach attire

Friday 2/16: “Dreaming of Kindness”-Wear pajamas/sweats

#### **Chain Reaction of Kindness**

Starting during RAK Week, and continuing throughout the month of February, students will write down kind deeds that are done for them, or that they do for others, on colored slips of paper. The slips of paper will be connected to create a chain of kindness around the school. Let’s see how long we can make the chain grow!

#### **Great Kindness Challenge Checklist (See Reverse Side)**

Students are challenged to perform as many kind acts as possible from the checklist throughout the week. Participation in the challenge will earn us recognition as a Kindness Certified School! Checklists are for students to keep.

#### **Capture Kindness**

Share your moments of compassion, generosity, and kindness. Students are invited to send in pictures of themselves completing random acts of kindness throughout the week to be put up on our bulletin board.

If you have any questions or concerns regarding RAK Week activities, please don't hesitate to contact us!

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