



Random Acts of Kindness Week Social Media Challenge

Join SHAPE America leaders across the nation as we come together on social media to celebrate the core tenants of the health. moves. minds. program, empower our students and share our collective voice to spread kindness across the country. Use the templates below to create your own kindness messages and leave them places around your community for people to find. Simply print, cut out the templates then write in something kind and encouraging!

Use the hashtags **#RAKWeek2024 #healthmovesminds** to share the kind messages you have created throughout the week and don't forget to tag @SHAPE_America for an opportunity to be featured in our national publications!

It's **RANDOM ACTS OF Kindness WEEK**
and I'm passing *Kindness* forward!

If you found this card:
Take a pic, post on social, and tag @SHAPE_America
#RAKWeek2024 #healthmovesminds



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