health.moves.minds. SHAPE America
LET Kindness GUIDE YOU

RANDOM ACTS OF Kindness WEEK
February 14-20, 2024

#RAKWeek2024
#healthmovesminds

Secondary

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
14 **Read, Reflect & Set** Read or listen to "Taste Your Words" by Bonnie Clark. Have you ever said something mean to someone? Something nice? Compare when you said something mean vs. Something nice. How did each experience make you feel?	**15** **Clean Up Crusade** If you see trash around school today, be the one to pick it up. Make sure to tell a custodian you appreciate their hard work to keep the school clean.	**16** **Positive Chain Reaction** Make three notes with a positive message on each one. Give each note to a different person and tell them to pass it on to three other people. Try using the Pay It Forward Kindness Cards!	**17** **Really Random Acts of Kindness Day** Really randomize your acts of kindness by using dice to determine who and what act of kindness you'll perform! Let the Kindness Roll!	**18** **Sorry Goes a Long Way** We are all human and slip up sometimes. Today, if you owe someone an apology make sure to say sorry. If you accidentally are unkind, be sure to apologize right away. Being accountable for your actions can go a long way!	**19** **Secret Kindness Notes** Write someone a nice note about something you think they're doing great. Secretly, put it in their locker, on their desk, or somewhere you know they will find it. It's nice to acknowledge people for things you think they are doing well!	**20** **Fist Bump Buddy** Randomly fist bump a classmate you don't really know. Make sure to smile!

Read, Reflect & Set Challenge!

Continuing from the activity from February 14th, have students set an intention for the week on how they "taste" their words this week by choosing to be kind. Create a place where they can post their intentions using the Kindness Pledge Template (like a bulletin board or designated space on the wall). For older students, they can post a picture of their intention on social media tagging @SHAPE_America on Twitter or @shapeamerica on Instagram using the hashtag #healthmovesminds.