

# Random Acts of Kindness Day

Actual Holiday: February 17

First Celebrated: 1995



## Introduction

Some people think that Random Acts of Kindness Day began in Denver, Colorado, in 1995, while others think it began in New Zealand in 2004. However it came about, this day is a great opportunity to remind people to be kind just for the sake of kindness. Celebrate this day in your classroom by talking about kindness, having students take part in a kind act of their choosing, and hopefully helping them learn how good it feels to do something that they know will be important to another person.

## Materials

- *My Random Act of Kindness* activity sheet (page 11)
- art supplies

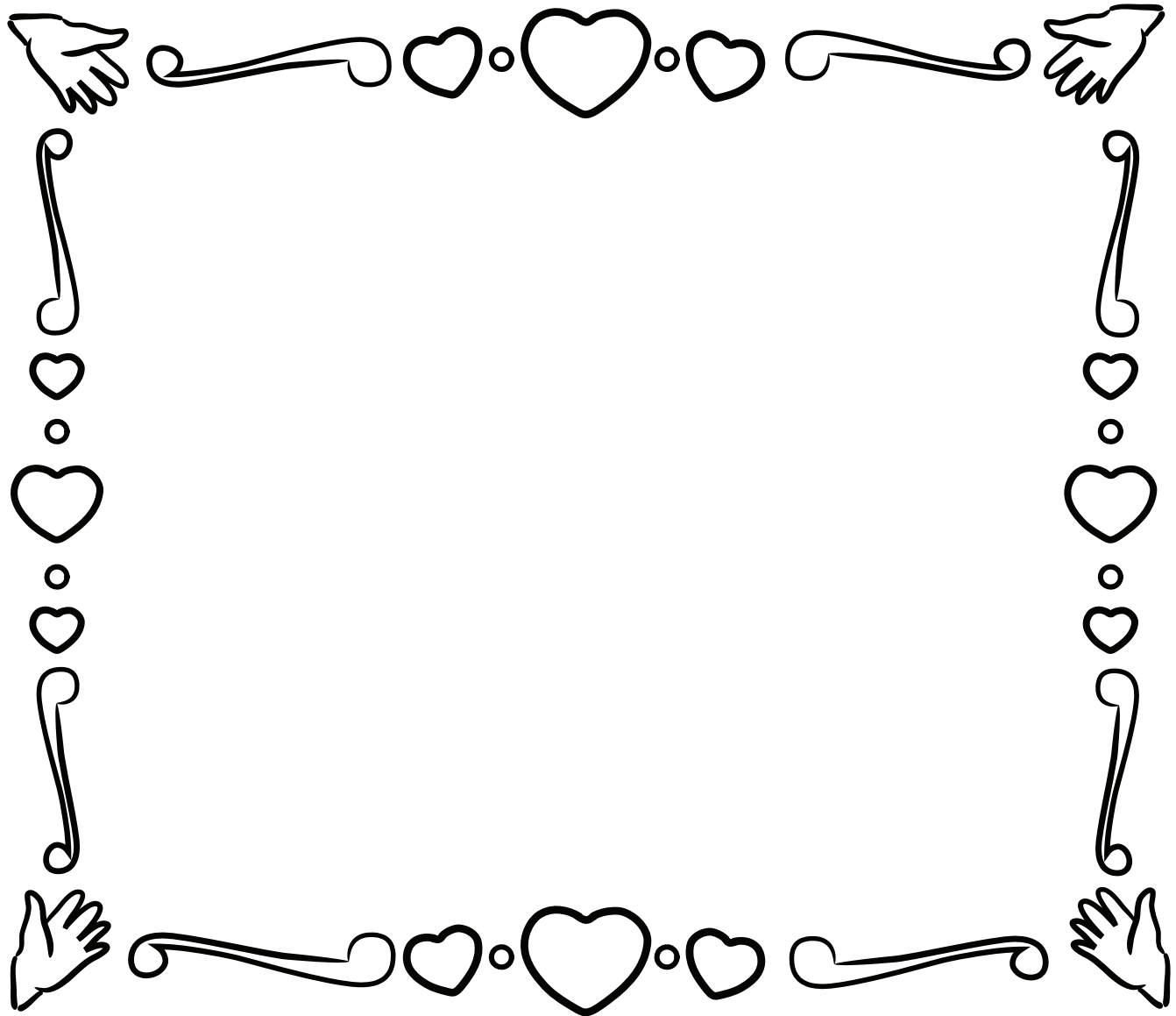
## The Activity

- Tell students that today you will be celebrating Random Acts of Kindness Day. Tell them about a time when someone did something kind for you and how meaningful it was to you.
- Ask student volunteers to talk about times when someone was kind to them without expecting anything in return. How did it make them feel?
- Have students think about kind things that they could do for people whom they know and people whom they do not know. Write these ideas on the board. The following are some suggestions to add to student ideas:
  - Hold a door open for someone.
  - Help an elderly neighbor.
  - Donate toys.
  - Smile at five new people.
  - Leave positive notes in a public space.
  - Put change in a vending machine.
  - Start a conversation with someone sitting alone.
  - Make a thank you sign for your sanitation worker.
  - Pick up litter and place it in a trash receptacle.
  - Put a kindness note in a library book you are returning.
  - Color some kindness rocks.
- Have students decide what kind of random act of kindness they would like to perform. Distribute the *My Random Act of Kindness* activity sheet to students and have them draw pictures of themselves performing these acts. On the lines below their drawings, have them write what they plan to do.
- Post the drawings on a bulletin board or in another prominent location. Give students a time frame (a week or longer) in which you would like them to perform their act of kindness. If possible, ask parents to take pictures and email them to you. When students have performed their act of kindness and reported back to you, add a smiley face or a star to their drawing.
- When a large number of students have reported back that they performed their act of kindness, have a class discussion about their experiences. How did they feel when they did it? Was there anything unexpected about it? Would they do it again? What did they learn about kindness?



Name: \_\_\_\_\_

# My Random Act of Kindness



---

---

---

---

---