



CADA HS 2018 RANDOM ACTS OF KINDNESS-A-THON

Participant: _____

Complete as many RAK's as you can prior to March 17th. The goal is at least 30. You can do each one up to 3 times. Let's go impact our community with kindness!

RANDOM ACTS OF KINDNESS

- _____ Send a text to a relative letting them know how much they mean to you
- _____ Make or take a meal to a family that is going through a difficult time
- _____ Open the door or hold the door for somebody
- _____ Write a note/letter to a teacher who has positively impacted your life
- _____ Bake something yummy for a neighbor
- _____ Write a thank you note to somebody who works in the school office or cafeteria
- _____ Text someone in your council and say, "I like having you on our team because _____"
- _____ Bring in the garbage cans for a neighbor
- _____ Pay for the person behind you in line
- _____ Tape a dollar bill to a vending machine with a note that says "your snack is on me"
- _____ Text your parent or guardian and let them know what you love about them
- _____ Place a sticky note, with a positive message on 5 lockers in your school
- _____ donate 5 cans of food for the pantry at your school or church
- _____ Offer to help a teacher with a task
- _____ Wash someone's car
- _____ Bring someone a drink they love from QT, Starbucks, etc.
- _____ Help a fellow student study for a test or with homework
- _____ Sit next to someone who is sitting alone at lunch and have a conversation with them
- _____ Do the dishes or another household chore unexpectedly
- _____ Write a letter to your advisor or coach, listing your favorite 3 things about them
- _____ Make a care bag for a homeless person (bottle of H2O, toothbrush, socks, snack...)
- _____ Go to a friend's or family member's sporting event or concert to support them.
- _____ Visit an elderly care home.
- _____ Leave a "Have a Great Day" note on somebody's car in a parking lot
- _____ Make two lunches and give one to someone.
- _____ Bring a treat to the local fire house and thank them for their service
- _____ Compliment someone to their boss
- _____ Help clean up trash at the end of lunch or around campus
- _____ When in class or at practice and a partner is needed choose someone who is usually left out.
- _____ Help coach a youth team
- _____ Ask somebody over 50 to tell you about their best childhood memory
- _____ Offer to help an elderly person with a chore
- _____ Return shopping carts in a parking lot
- _____ Write a letter to a Military person thanking them for their service
- _____ Let someone go ahead of you in line
- _____ Take treats to your librarian or custodian and thank them for what they do
- _____ Make a list of your favorite things about each person in your family and hang it on the refrigerator
- _____ Text or contact somebody you haven't talked to in 3 or more years and catch up with them
- _____ Give a bouquet of flowers to somebody
- _____ Play cards or a game with an elderly person
- _____ Offer clean up your neighbor's yard
- _____ Write a thank you card and give it to a police officers

Total Acts Completed: _____ Participants Signature: _____