# **A KINDNESS CHALLENGE TO** make kindness the norm. **IN YOUR NEIGHBORHOOD**

# IMAGINE A WORLD WHERE WE CAN SUCCEED BY BEING NICE, WHERE WE ALL LOOK OUT FOR EACH OTHER, WHERE WE ALL PAY IT FORWARD, AND WHERE KINDNESS IS THE NORM.

BY PARTICIPATING IN THIS PERSONAL CHALLENGE, YOU ARE HELPING TO CREATE THAT WORLD.



#### LET'S DO THIS!

Participating in this personal challenge is simple. On the next page, you'll see a grid of 60 hearts. Your goal is to fill in each of those hearts by completing random acts of kindness. The kindness acts are grouped into three categories based on how challenging they are: one-heart activities (quick and easy), two-heart activities (more involved), and three-heart activities (challenging).

You can do some of the activities multiple times. For example, you can write a list of five things you are grateful for up to five times because practicing gratitude feels so good and is an integral part of making kindness the norm.

These random acts of kindness were designed to be done in your neighborhood so you can choose to do any of the activities in any order. You do not need to do each of the activities—just the ones that sound fun to you.

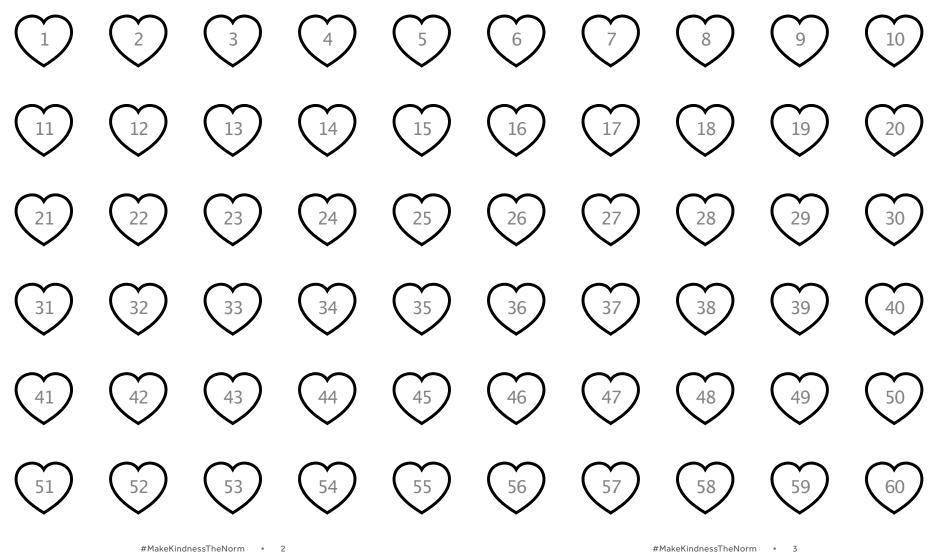
The rest of the booklet includes fun coloring pages, writing prompts, and other kindness activities that you can do while you are completing the challenge.

When you've filled in all 60 hearts, be sure to send us a photo of your favorite completed challenge page at info@randomactsofkindness.org.

Use this page to keep track of your progress. For each act of kindness you do, you can fill in a heart (or two or three depending on the act)! When you fill in all 60 hearts, send us a photo of your favorite completed page to: info@randomactsofkindness.org

"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN OR EVEN TOUCHED—THEY MUST BE FELT WITH THE HEART."

—HELEN KELLER



#### **ONE-HEART ACTIVITIES**

For each of the random acts of kindness you do below, fill in one heart on the previous page. Some of these can be done multiple times.

- ♥ Visit www.randomactsofkindness.org to explore the kindness resources.
- Write a positive note and leave it for someone in your neighborhood to find. (page 20)
- ♥ Offer to help a neighbor mow their lawn, rake leaves, or shovel snow.
- ♥ Buy a coffee or tea for the person behind you in line at the coffee shop.
- Make something tasty to deliver to a neighbor you haven't met.
- ♥ Fill out several sticky notes with positive messages and post them in a public indoor area.
- ♥ Follow The Random Acts of Kindness Foundation on Facebook.
- ♥ Go to a local grocery story and say hi to everyone you see.
- Follow @RAKFoundation on Instagram.
- ♥ Make a mini-poster with an uplifting message and post it somewhere in your neighborhood. (page 27)
- Follow @RAKFoundation on Twitter.
- ♥ Say hello to someone you don't know and ask how their day is going.
- ♥ Follow @RAKFoundation on Pinterest.
- ♡ Don't pick the dandelions! (see page 28)
- Complete the "Your Perfect Day" writing prompt. (page 9)
- ♡ Complete the "Negative Self-Talk" writing prompt. (page 10)
- ♥ Complete the "Adding Kindness" writing prompt. (page 13)
- ♥ Complete the "What Would You Do" writing prompt. (page 15)
- ♥ Complete the "Make the World a Better Place" writing prompt. (page 16)
- ♥ Complete the "Make Your Own Notes" activity. (page 20)
- Complete the "Letter to Your Younger Self" writing prompt. (page 21)
- ♥ Complete the "Personal Mission Statement" writing prompt. (page 22)
- ♥ Complete the "Qualities of a Good Friend" writing prompt. (page 24)
- ♥ Complete the "Reassurances You Need" writing prompt. (page 26)

#### THESE ACTIVITIES CAN BE DONE UP TO FIVE TIMES EACH

 $\bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc$  Write down five things you are grateful for. (page 14)

 $\heartsuit \heartsuit \heartsuit \heartsuit \heartsuit \oslash$  Give a genuine compliment to someone.

#### **TWO-HEART ACTIVITIES**

For each of the random acts of kindness you do below, fill in two hearts on the previous page.

- $\heartsuit$  Go to a local business and tell them what you appreciate about them.
- Give a generous tip to an employee who treated you well.
- 💯 Make a purchase at a locally-owned business.
- $\infty$  Organize a community clean up with neighbors and friends.
- 💯 Mail a handwritten card to a friend or family member.
- CO Go to your local farmers market and treat yourself to a fresh and delicious snack.
- CC Learn who your local community outreach officer is at the police or fire department and send them a note of gratitude.
- CO Go through your home and find a few things you aren't using anymore. Post them on a community page offering them for free.
- $\infty$  Introduce yourself to a neighbor you don't know.

#### THESE ACTIVITIES CAN BE DONE UP TO FIVE TIMES EACH

- Take a walk in your neighborhood and pick up any litter you find.
- $\mathfrak{W} \mathfrak{W} \mathfrak{W} \mathfrak{W} \mathfrak{W}$  Meditate for at least 15 minutes.

"REMEMBER, THERE'S NO SUCH THING AS A SMALL ACT OF KINDNESS. EVERY ACT CREATES A RIPPLE WITH NO LOGICAL END."

-SCOTT ADAMS

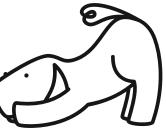
#### **THREE-HEART ACTIVITIES**



Since these random acts of kindness are a little more involved, you can fill in three hearts for each one you do.

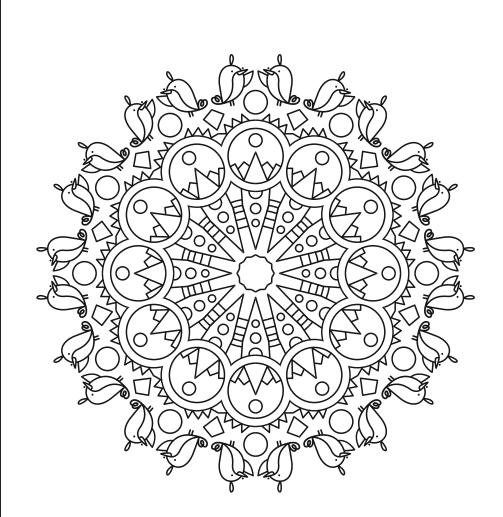
| $\infty$ | Buy a few dollar store toys and leave them on the playground |
|----------|--|
|          | at a park or school for kids to find the next day.           |

- Make amends with someone.
- Prepare a three-course meal for your family or roommates and sit down to enjoy it together.
- Register to vote. (fill in three hearts if you are already registered)
- Write a letter to a newspaper editor about the benefits of being kind.
- Don't use any single-use plastics for a month.
- Take a nature walk or hike.
- Read a book that challenges you.
- Contact one of your government representatives about an issue that's important to you.
- Eat at a locally-owned restaurant or food truck.
- Try a new meatless recipe to prepare at home.
- Attend a cultural event in your community.
- Gift an experience instead of an object to someone.
- Ask a family member or friend about an important moment in their life and *listen* to their story.
- Sign up to be an organ donor. (fill in three hearts if you already are)
- Leave a nice note and some cash taped to a vending machine to give someone a fun surprise.
- Reach out to someone in your past who made a positive impression on you and thank them.
- Gather old (clean) towels and bring them to your local animal shelter.
- Say "Thank you" to someone who is working in your neighborhood (mail carrier, waitress, police officer, etc.).
- Find a bus stop near your home and remove any weeds or trash nearby.
- Find an organization in your neighborhood that is in need of volunteers. Commit your time to help out.
- Call a school in your neighborhood and ask to pay off overdue lunch accounts for kids.



#### IN THE SPACE BELOW, SKETCH A DEPICTION OF YOUR LIFE AS IT IS NOW OR WRITE A HAIKU. (A HAIKU IS A SIMPLE POEM WITH THREE UNRHYMED LINES OF FIVE, SEVEN, AND FIVE SYLLABLES.)

#### NOW, SKETCH (OR WRITE ANOTHER HAIKU) DEPICTING YOUR LIFE AS YOU'D LIKE IT TO BE.



#### WRITING PROMPT YOUR PERFECT DAY

Describe an absolutely perfect day below. What do you do? What do you eat? What is the weather like and who do you spend it with (if anyone)?

"IN A GENTLE WAY, YOU CAN SHAKE THE WORLD."

—MAHATMA GANDHI

ENJOY A CREATIVE MOMENT TO YOURSELF— COLOR THIS PAGE WITH WHATEVER PENCILS OR PENS YOU HAVE ON HAND.

#MakeKindnessTheNorm • 8

#MakeKindnessTheNorm • 9

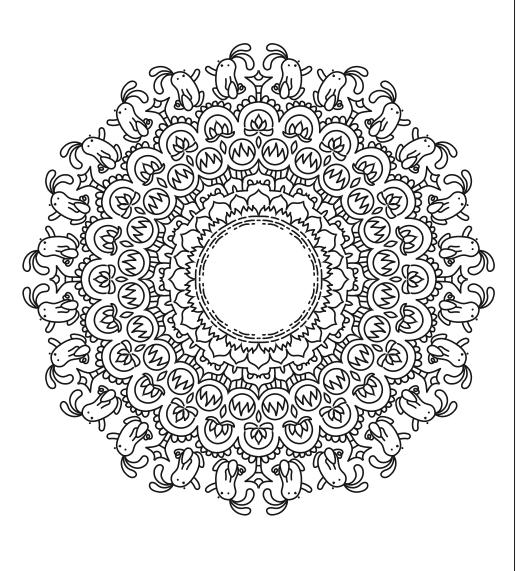
♥1HEART

#### ♡1 HEART

#### WRITING PROMPT THINK ABOUT SOME OF YOUR NEGATIVE SELF-TALK AND TURN IT AROUND.

It's pretty easy to let our negative self-talk get out of control. In the space below, write some of your negative self-talk and then turn it around using "I am" and "I can" statements.

| "DON'T JUDGE EACH DAY BY THE<br>HARVEST YOU REAP, BUT BY THE |      |
|--|------|
| SEEDS THAT YOU PLANT."                                       |      |
|  |      |
|  |      |
|  |      |
| #MakeKindnessTheNorm   | • 10 |

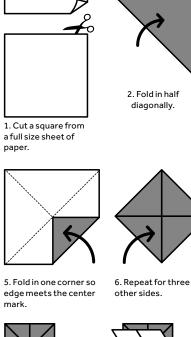


PUT ON SOME GOOD MUSIC AND HAVE FUN COLORING THIS PAGE. IF YOU'RE DOING THE 10 DAY SELF-CARE CHALLENGE, THIS CAN COUNT TOWARD YOUR MINDFULNESS GOAL.

#### MAKE A FUN KINDNESS FORTUNE TELLER

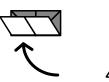
#### 🗘 1 HEART

Remember making those fun little cootie-catcher/origami fortune tellers? Make one using the instructions below but with positive kindness messages inside to make someone's day. Search "How to make a paper fortune teller" on YouTube for a video showing these steps.



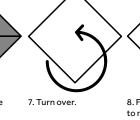


9. Repeat fold for other corners.



#MakeKindnessTheNorm • 12

10. Fold in half to expose pockets of the catcher.



3. Then fold in half

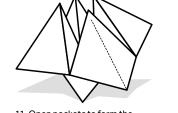
diagonally again.



8. Fold in bottom corner to meet the center.

4. Open again so square is flat with

two fold lines.



11. Open pockets to form the catcher. Decorate with fun kindness fortunes and give it a try on someone!

#### WRITING PROMPT ADDING KINDNESS

In the space below, list five things you do each day that are part of your normal daily routine. For example: drive to work, make breakfast, check social media. Then, write how you can add an element of kindness to each task.

| Five things from<br>your daily routine: | How will you add an<br>element of kindness? |
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| 1                                       |   |
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| 2                                       |   |
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|   |   |
| 3                                       |   |
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| 4                                       |   |
| 4                                       |   |
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| 5                                       |   |
|   |   |
|   |   |

#### ♡1HEART

| WRITING PROMPT                   |
|----------------------------------|
| FIVE THINGS YOU ARE GRATEFUL FOR |

In the space below, record five things you are grateful for. You can do this exercise up to five times. For each one, you can fill in one heart on your tracker.

| Date: | Date: |
|-------|-------|
| 1     | 1     |
| 2     | 2     |
| 3     | 3     |
| 4     | 4     |
| 5     | 5     |

| Date: | Date:                 |
|-------|-----------------------|
| 1     | 1                     |
| 2     | 2                     |
| 3     | 3                     |
| 4     | 4                     |
| 5     | 5                     |
|       | ()                    |
| Date: |                       |
| 1     |                       |
| 2     | $(\cdot \cdot \cdot)$ |
| 3     |                       |
| 4     |                       |

PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL."

WRITING PROMPT

—MAYA ANGELOU

"I'VE LEARNED THAT PEOPLE WILL FORGET WHAT YOU SAID,

WHAT WOULD YOU DO IF YOU KNEW YOU COULD NOT FAIL?

♥1HEART

♥1HEART EACH

5.\_\_\_\_\_

| WRITING PROMPT<br>WHAT DO YOU DO TO MAKE THE WORLD<br>A BETTER PLACE? WHAT MORE CAN YOU DO? | ♡ 1 HEART |
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JUST FOR FUN...

CAN YOU FIND THE HIDDEN WORDS?

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RANDOM COURAGE CARING LISTEN GRATITUDE KINDNESS COMPLIMENT INCLUSIVENESS NEIGHBORHOOD RESPONSIBILITY INSPIRATION MINDFULNESS

NORM INTEGRITY CHALLENGE RESPECT ACT

Answer key is on the last page.

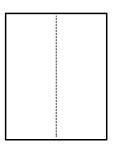
#### **10-DAY SELF-CARE CHALLENGE**

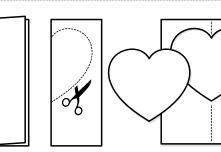
While you are completing your Neighborhood Kindness Challenge, you can also try this fun 10-day self-care challenge. Self-care is one of the most important aspects of kindness! It is also often overlooked.

Each day for the next 10 days eat a healthy meal, get enough sleep, stay hydrated, get some exercise, and practice mindfulness (yoga, meditation, or simply spend time by yourself). **Once you complete this challenge,** you can mark off 10 hearts!

|                       | DAY 1     | DAY 2    | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 | DAY 8          | DAY 9     | DAY 10 |
|-----------------------|-----------|----------|-------|-------|-------|-------|-------|----------------|-----------|--------|
|                       | DATE      | DATE     | DATE  | DATE  | DATE  | DATE  | DATE  | DATE           | DATE      | DATE   |
| ENJOYED A HEALTHYMEAL |           |          |       |       |       |       |       |                |           |        |
| GOTENOUGHSLEEP        |           |          |       |       |       |       |       |                |           |        |
| STAYED HYDRATED       |           |          |       |       |       |       |       |                |           |        |
| GOT SOME EXERCISE     |           |          |       |       |       |       |       |                |           |        |
| PRACTICED MINDFULNESS |           |          |       |       |       |       |       |                |           |        |
| YOUR SELF-CARE GOAL   |           |          |       |       |       |       |       |                |           |        |
| YOUR SELF-CARE GOAL   |           |          |       |       |       |       |       |                |           |        |
| YOUR SELF-CARE GOAL   |           | <b>d</b> |       |       |       |       |       |                |           |        |
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|                       | n         |          |       |       |       |       |       |                |           |        |
| #MakeKindness         | TheNorm • | 18       |       |       |       |       | #Ma   | keKindnessTheN | lorm • 19 |        |

#### WRITING PROMPT MAKE YOUR OWN NOTES





1. Select colorful or special paper to write your note. 2. You can use the paper just like it is or fold the paper in half, draw a line in the shape of a halfheart and trim it out with scissors.

3. Unfold to reveal the paper heart.

O 1 HEART

4. Now, handwrite a note of your choosing or copy the text below.

#### Dear Human,

I don't know you, but I know that you are wonderful. I know that you bring something unique and incredible to the world. The people who love you certainly know it. Keep doing the things you do that make others smile. Listen to that voice inside of you that tells you to make the kind choice. That voice is always right. You're probably smiling a little bit and nodding

your head in agreement, right? Yeah. Bottom line... just keep being the amazing person you are because the world is better off with you in it. Feels good to hear that, doesn't it? Let someone else know how it feels by writing them a note like this or simply passing this one along. (Or keep it when you're feeling down... nothing wrong with reading this again and again and again.)

XOXO - a stranger.

This activity was inspired by CareForThree.com

#MakeKindnessTheNorm

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I don't know you, but I know that you are wonderful. I know that you bring something unique and incredible to the world. The people that love you certainly know it... Keep doing the things you do that make others i mile. Listen to that voice inside of you that tells you to make the kind choice. That voice is always right. You're probably smiling a little bit and nodding your head in agreement, right? Yeah, Bottom line... better off with you in it. Feels good to hear that, doesn't it? Let someone else know how it feels by writing them (or keep it when you're feeling down... (or keep it when you're feeling down... nothing wrong with reading this again and again and again.)

XOXO - a strange

M=

#### WRITING PROMPT WRITE A LETTER TO YOUR YOUNGER SELF.

♡1HEART

## What did you need to hear back then that would help you with a challenge you have today?

#### WRITING PROMPT MY PERSONAL MISSION STATEMENT

♡1HEART

In the space below, write a personal mission statement. Include the following: what made you who you are today, what personal values do you live by, and where do you want to be five years from now?



| WRITING  | PROMPT   |          |                 |
|----------|----------|----------|-----------------|
| TOP 10 Q | UALITIES | OF A GOO | <b>D FRIEND</b> |

**LIST 10 QUALITIES A GOOD** 

♡1HEART

NOW LIST 10 QUALITIES YOU

In the first column below, list the top 10 qualities you feel a good friend should have. In the second column, list the qualities you show to your friends. How many overlaps are there?

| FRIEND SHOULD HAVE | SHOW TO YOUR FRIENDS |
|--------------------|----------------------|
|                    |                      |
| 1                  | 1                    |
|                    |                      |
| 2                  | 2                    |
| 3                  | 3                    |
|                    | -                    |
| 4                  | 4                    |
| 5                  | 5                    |
| J                  | 5                    |
| 6                  | 6                    |
| 7                  | 7                    |
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| 8                  | 8                    |
|                    |                      |
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| 10                 | 10                   |
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|                    |                      |
|                    | $\sim$               |
| #MakeKindness      | TheNorm • 24         |

# WE THINK TOO **MUCH AND FEEL** TOO LITTLE. **MORE THAN** MACHINERY, WE NEED HUMANITY. **MORE THAN** CLEVERNESS, WE NEED **KINDNESS AND GENTLENESS.**

## **CHARLIE CHAPLIN**

WRITE YOUR OWN KINDNESS IDEAS ON THE PETALS AND LEAVES THAT FIT YOUR NEIGHBORHOOD. COLOR IT AND THEN TAKE A PHOTO & POST IT ON SOCIAL MEDIA TO INSPIRE OTHERS. (BE SURE TO TAG US!)

#### WRITING PROMPT WHAT REASSURANCE(S) DO YOU NEED TO HEAR RIGHT NOW?

♥1 HEART

What would a good, supportive, and kind friend say to you to make you feel better about everything?

| "THE SMALLEST ACT OF KINDNESS<br>IS WORTH MORE THAN THE<br>GREATEST INTENTION." |        |
|---|--------|
| —KAHLIL GIBRAN  |        |
|   |        |
| #MakeKindnessTheNor   | m • 26 |



**JUST FOR FUN...** 

# SKETCH A TREE OR OTHER DISTINGUISHING FEATURE THAT MAKES YOUR NEIGHBORHOOD UNIQUE.

"A SINGLE ACT OF KINDNESS THROWS OUT ROOTS IN ALL DIRECTIONS AND THE ROOTS SPRING UP AND MAKE NEW TREES."

-AMELIA EARHART

#### SO, HOW DID IT GO?

This is our first kindness challenge and we want to make the next one even better. Please let us know if you have any suggestions for our next version by emailing info@randomactsofkindness.org.

#### WANT TO KEEP GOING?

Consider joining our global kindness community by becoming a RAKtivist®! "RAKtivist" is short for "Random Acts of Kindness activist". It's free to join so be sure to visit our website to apply:

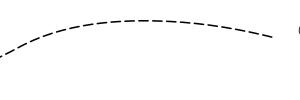
https://www.randomactsofkindness.org/become-a-raktivist

#### LET'S STAY IN TOUCH!

If you haven't already, please follow us on social media. We post a variety of inspiring kindness content each day. Visit our site for links: https://www.randomactsofkindness.org



Remember to send us a photo of your favorite completed page at info@randomactsofkindness.org.





This booklet was inspired by a summer reading program designed and published by The Salt Lake City Public Library System called "Build A Better World, Super Summer Challenge".



#### Answer key for word puzzle on page 17

#MakeKindnessTheNorm • 28

• Dandelions are NOT weeds but are from the same family as sunflowers.

• Every part of the dandelion is edible: 1 cup of dandelion greens = 535% of

**DON'T PICK THE DANDELIONS!** 

Dandelions are the first Spring food for our bees!

People even removed grass to plant dandelions!

• A dandelion seed can travel up to 5 miles before it lands.

your daily recommended vitamin K and 112% of vitamin A.

• Up until the 1800s, dandelions were seen as extremely beneficial.

**DID YOU KNOW?** 

# RANDOM ACTS OF KINDNESS

www.randomactsofkindness.org