

## RELATED FOUNDATIONS:

- Student Engagement

## RESOURCES:

- Post-It Notes
- Spinning Wheel
- Plink-O
- RAK Cards
- [Random Acts of Kindness Ideas](#)

## Random Acts of Kindness

**ACTIVITY GOAL:** To promote a positive caring environment within the school community by encouraging students to complete acts of kindness for one another.

### ACTIVITY EXAMPLES:

#### Positive Message Sticky Notes

- Students write positive messages or compliments on sticky notes and leave them on lockers around the school.

#### Anonymous Compliments

- Encourage students to write a compliment about someone else in the school anonymously.
- Read the compliments on the announcements, post to school social media or create a video (see below).
- Watch Carroll High School's students read their Third Party Compliments! <https://www.youtube.com/watch?v=o-2dGZvN608>

#### Random Acts of Kindness Games

- Use a game like Plink-O, Spinning Wheel or Giant Jenga to engage students.
- Have students complete a random act of kindness as part of the game.
- If students complete their Random Act of Kindness they can be entered to win a prize or receive a prize on the spot.



For more ideas, visit <https://www.randomactsofkindness.org/kindness-ideas>

### Curriculum Connections:

- Grade 9: C 2.2 Relationships - skills and strategies
- Grade 10: C 1.1 Mental Health - factors that enhance
- Grade 11: C 3.4 Skills for dealing with stressful situations
- Grade 12: C 2.5 Maintaining health and wellbeing when independent

