

Kindness Notes for Elders

Welcome to RAK Week! RAK stands for Random Acts of Kindness. Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* **Each day should take you about 15-20 minutes (excluding prep/clean up.).** You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

Materials: Cardstock, Stickers, Art Supplies, Envelopes, Stamps, Black Sharpie

Daily Lessons

Day 1 Extension

Read Aloud:

Be Kind by

Pat Zietlow Miller

[Read Aloud Link](#)



Day 1- Local Elder Exploration

Explain RAK week and how the class will create Kindness Notes to spread kindness beyond the classroom and into care homes. As a class, explore different options for WHERE to send your kindness notes. Is there a nursing home or assisted living nearby? Reach out to the activity director to get a list of names of elders at your chosen location.

Day 2 Extension

Catch the Kindness:

Using a ball, a person says a kind thought about themselves and the person they throw the ball to. Include everyone!



Day 2- Brainstorm Session

Now that we have our group of elders along with names, let's brainstorm different creative ways to make kindness notes. If desired, provide examples such as these: [Example](#) Remind the students that many elders keep art as a way to beautify their rooms or houses. Encourage them to write clearly using large print. Also have them add detailed art and uplifting images on the note to brighten someone's day!

Day 3 Extension

Personalized Cards:

Have students create a beautiful name card for their elder to hang on their door!



Day 3- Write Your Note

Today is writing day! Make sure each student is assigned a specific person to write to. Write common words on the board to help with spelling. Also, have students write their note lightly in pencil to allow for editing before going over it in black marker. Remind students to print using large letters.

Day 4 Extension

Kindness Collage: Go through magazines and find kind images & words! Create a kindness board!



Day 4- Add Images/Decorations

Add images and decorations to your kindness note. Remind the students to treat their note as a true work of art that can be on permanent display in their elders room or home. Take your time and pour your heart into your creation!

Day 5 Extension

Journal Entry- Write or Draw about your RAK week. What did you like best?



Day 5- Mail the Notes!

Today is the day to get out of the classroom and deliver your kindness notes. If your care home (or other location) is nearby, plan to walk over in person! If not, handwrite names and addresses on envelopes before mailing them all out in one big package. Ask the activity director to report back after they receive their mail!