

Random Act of Kindness

KINDNESS AT HOME™
ACT • Week 4 • COURAGE

Activity Timeframe

15 min set up
Time Varies for RAK

Materials

- ☐ Will vary based on the Random Act of Kindness you choose



ACT

We have spent this entire month focusing on what courage is and how we use courage in our daily lives as a family. Now it's time to act on what we've learned! This week the goal is to perform a Random Act of Kindness as a family! Remember, **Courage is being brave when facing new or difficult circumstances.** To continue exercising courage as a family, you will perform random acts of kindness AS A FAMILY for another family of your choice. A random act of kindness (also called a RAK) is a selfless act performed for others for no other benefit than to spread kindness to the recipient!

The Family we are choosing is:

Note: A family can be large or small. It might be the widow down the street that lives alone or the family with nine kids!

PREP:

Take time together to complete the following:

- Identify the family you will focus on!
- Brainstorm 3-5 random acts of kindness that you would like to complete this week.
- Check out www.randomactsofkindness.org for more ideas if needed!
- Decide how much time you can spend on your RAK and how many RAKs you can do this week TOGETHER.
- Discuss ways EVERYONE can be involved, even if they cannot be physically present (call the family to distract them while you drop off a meal on the doorstep, write a kind letter and add it to the rest of your letters like in the video from Week 2, etc.)

PROJECT:

As a group, review the rules for Random Acts of Kindness:

- The goal is to spread kindness.
- Recognition is NOT important.
- We must work together as a family to complete this project.



Level Up!

Want to take your Random Acts of Kindness to the next level? Brainstorm a way to spread kindness to the other family in a way that makes your family more vulnerable. Maybe sharing something personal about your family, encouraging them with a struggle by opening up about your own struggles, etc. It takes courage to be vulnerable when being kind!