

# 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:**

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**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](http://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!