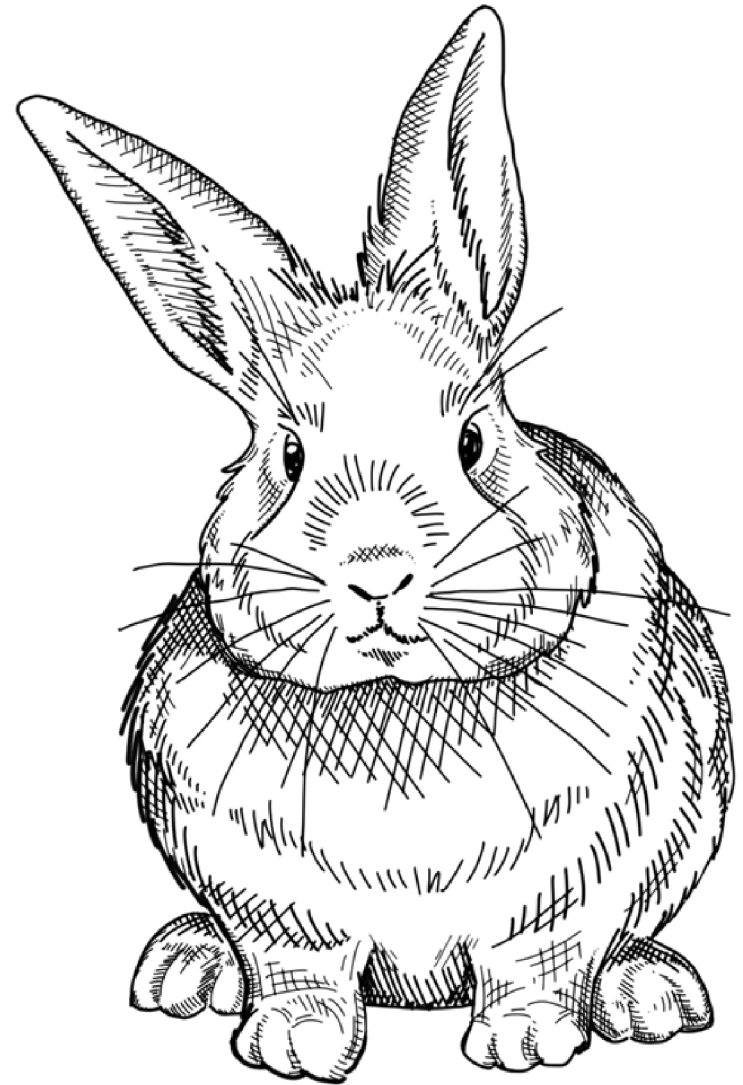


# RAK Ambassador

## SPRING TOOLKIT



**RANDOM ACTS OF KINDNESS**  
FOUNDATION®

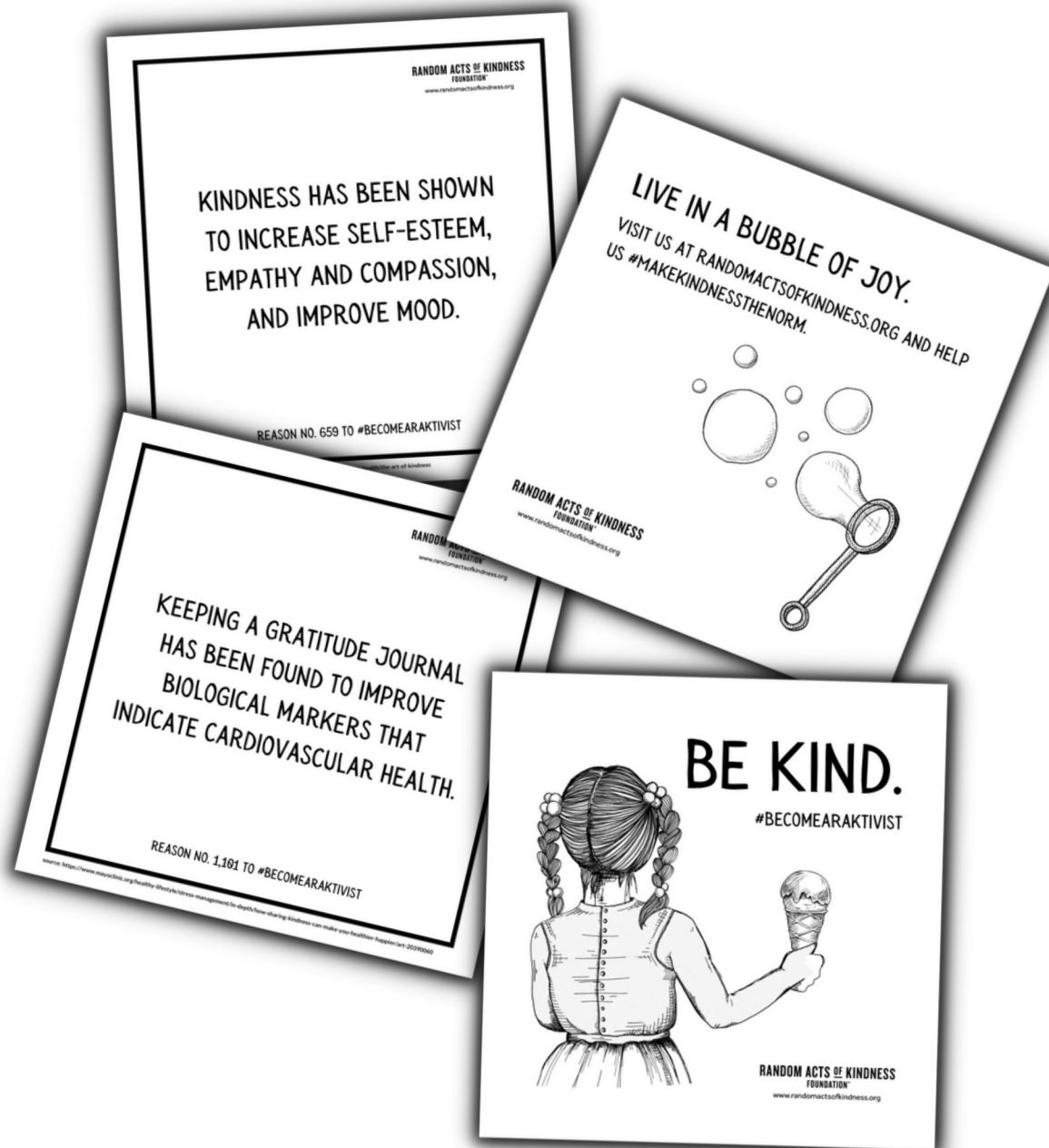
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

# kindness is springing up everywhere!

1. DOWNLOAD THE ENCLOSED RAKTIVIST-EXCLUSIVE SOCIAL MEDIA IMAGES. CREATE YOUR OWN INSPIRATIONAL CAPTIONS, TAG US, AND USE HASHTAG #BECOMEARAKTIVIST.
2. CONSIDER GATHERING YOUR FRIENDS, FAMILY, AND COWORKERS FOR A GROUP VOLUNTEER DAY.
3. PRINT THE ENCLOSED THANK YOU NOTE AND TELL SOMEONE HOW SPECIAL THEY ARE TO YOU.
4. VISIT OUR WEBSITE OR FACEBOOK PAGE TO DOWNLOAD A RAKTIVIST BADGE FOR YOUR OWN SOCIAL PROFILES!

## bonus activity:

- CHECK OUT THE WRITING PROMPT AT THE END OF THIS PACKET, AND SUBMIT YOUR ESSAY FOR PUBLISHING ON THE RAK FOUNDATION BLOG.



# "a kind word is like a spring day."

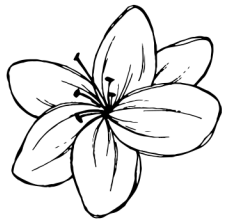
- russian proverb



RALLY YOUR NEIGHBORS TO  
COLLECT A GIFT FOR YOUR MAIL  
CARRIER AND DELIVERY DRIVERS.



GATHER FRIENDS FOR A GROUP  
VOLUNTEER DAY AT AN ANIMAL  
SHELTER OR SOUP KITCHEN.



LEAVE NOTES OF GRATITUDE FOR  
COWORKERS AND ANYONE ELSE  
WHO DESERVES IT.



CREATE AN ONLINE WISHLIST FOR  
YOUR FAVORITE NONPROFIT, AND  
SHARE ON SOCIAL MEDIA.

**Are you planning to host a kindness-themed event this spring?**

EMAIL US AT [INFO@RANDOMACTSOFKINDNESS.ORG](mailto:info@randomactsofkindness.org), AND LET US KNOW WHAT YOU'RE UP TO!

# **tell someone how they made your day!**

CUT OUT THE "THANK YOU" SLIP ON THIS PAGE AND TELL SOMEONE HOW AWESOME THEY ARE!

JUST A NOTE TO SAY...

**thank you!**

WITH LOVE, \_\_\_\_\_

SHARE YOUR GRATITUDE ON SOCIAL MEDIA!

TAG US, AND USE HASHTAG #BECOMEARAKTIVIST!

@RAKFOUNDATION 

@RAKFOUNDATION 

@THERANDOMACTSOFKINDNESSFOUNDATION 

# let everyone know you are a #raktivist!



RAKTIVIST STANDS FOR "RANDOM ACTS OF KINDNESS ACTIVIST". BEING A RAKTIVIST MEANS ACTIVELY PROMOTING AND PRACTICING ACTS OF KINDNESS IN YOUR DAILY LIFE. THIS CAN INVOLVE DOING SMALL ACTS OF KINDNESS FOR STRANGERS OR LOVED ONES, VOLUNTEERING IN YOUR COMMUNITY, OR SPREADING AWARENESS ABOUT THE IMPORTANCE OF KINDNESS AND ITS POSITIVE IMPACT ON SOCIETY.

RAKTIVISTS BELIEVE THAT KINDNESS IS CONTAGIOUS AND CAN CREATE A RIPPLE EFFECT OF POSITIVITY IN THE WORLD. BY MAKING KINDNESS A PRIORITY AND ENCOURAGING OTHERS TO DO THE SAME, RAKTIVISTS HOPE TO CREATE A MORE COMPASSIONATE AND EMPATHETIC WORLD.

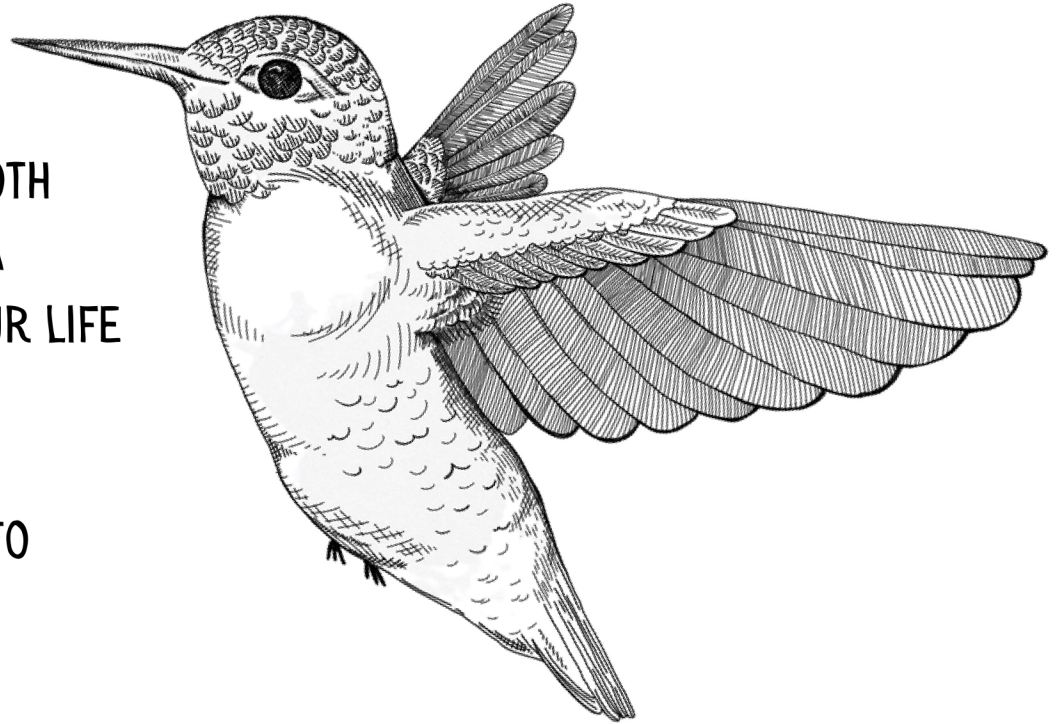
VISIT [RANDOMACTSOFKINDNESS.ORG](http://RANDOMACTSOFKINDNESS.ORG) OR OUR FACEBOOK PAGE TO DOWNLOAD YOUR VERY OWN RAKTIVIST BADGE! ADD IT TO YOUR SOCIAL MEDIA PROFILE (INCLUDING LINKEDIN!) TO DISPLAY YOUR COMMITMENT TO KINDNESS.

# **rak ambassador spring writing prompt**

KINDNESS GIVES YOU WINGS.

KINDNESS IMPROVES QUALITY OF LIFE, BOTH FOR THE GIVER AND RECEIVER. TELL US A STORY OF HOW KINDNESS HAS MADE YOUR LIFE BETTER.

PLEASE SUBMIT YOUR ORIGINAL ESSAYS TO  
[INFO@RANDOMACTSOFKINDNESS.ORG](mailto:INFO@RANDOMACTSOFKINDNESS.ORG).



THE FINE PRINT: WE CAN ONLY PUBLISH WORK THAT HAS NOT ALREADY BEEN PUBLISHED ELSEWHERE. ENTRIES MAY BE EDITED AS DEEMED APPROPRIATE, BUT WE WILL BE SURE TO UPHOLD THE SPIRIT OF YOUR ARTICLE. HAPPY WRITING!