



DECEMBER RAKTIVIST TOOLKIT

Our Autumn RAKtivist Toolkit closes out with our December theme of FRIENDS AND FAMILY. Every season RAK creates a toolkit to help all of you promote kindness throughout your own communities using our six kindness concepts of RESPECT, CARING, INCLUSIVENESS, INTEGRITY, RESPONSIBILITY, and COURAGE. Below are some ideas to get you started. Don't feel obligated to do all of these activities. The goal is to choose at least one and then stick with it. **Kindness is contagious and once you start, others will inevitably join in!**

RESPECT

WHAT ARE YOU THANKFUL FOR?

What are you thankful for? Create a top 10 list. Put it in your purse, wallet, car, etc. so you can reference it throughout your day or whenever you're feeling low.

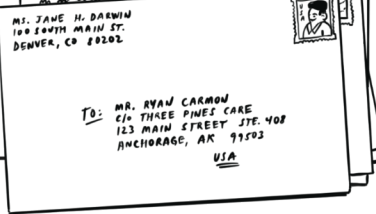


CARING

KINDNESS NOTES FOR ELDERS

Rally your community at work, school and/or home to write holiday letters to the elders in your community.

Download our "Kindness Notes for Elders (Grade 3)" lesson plan for more info.



INCLUSIVENESS

FIND THE KIND!

What festivities are happening in your area? Is there anything free and family based? This season can get expensive. Let's highlight what's happening that doesn't cost a thing! Find the kind in your community—Scan the QR code below and share your story with us.



INTEGRITY

GENUINE THANKS

The Power of Gratitude—A Letter-Writing Activity: This exercise is not just about putting pen to paper; it's about connecting with our emotions and acknowledging the positive influences in our lives.

Read our blog post to learn more.



RESPONSIBILITY

KINDNESS FOR A DOLLAR CHALLENGE

Take the Kindness for a Dollar Challenge! How can you spread kindness using only one dollar?

Click here to learn how to complete this fun challenge.



COURAGE

KINDNESS CHECK-INS

Call a friend or family member and check in; send a text to someone who has been on your mind. Share your ideas with us and help other RAKtivists spread kindness too!



Have a twist or different idea? Share it with our RAKtivist community on our Facebook page here. Our RAKtivist community is 50,000+ members strong. Let's use our voices to continue to spread kindness internationally. **LET'S MAKE KINDNESS THE NORM.**

**RANDOM ACTS OF KINDNESS
FOUNDATION®**

<https://www.randomactsofkindness.org/become-a-aktivist>