



NOVEMBER RAKTIVIST TOOLKIT

Our Autumn RAKtivist Toolkit continues with our NOVEMBER THEME of GIVING BACK. 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 DO YOU LIKE ABOUT YOU?

Brainstorm 5 things you like about yourself. Write each one down on a sticky note or piece of paper and put them up on your bathroom mirror, fridge, etc. Say them out loud daily. You are amazing. Don't forget that!



CARING

GIVE AN UPLIFTING CARD TO SOMEONE

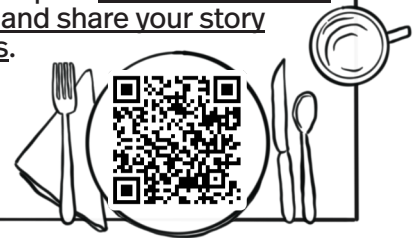
Mail an uplifting card to someone you know that is struggling right now. A surprise card can go a long way in showing unsolicited compassion.



INCLUSIVENESS

FIND THE KIND!

This is the season for giving back! What is your community doing this holiday season to bring the community together? Community meals? Group Sing-a-longs? We want to hear what you are up to! Scan the QR code below and share your story with us.

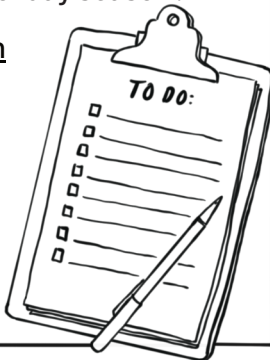


INTEGRITY

FOLLOW THROUGH ON GOALS

How are you following through on goals at work or school during this holiday season?

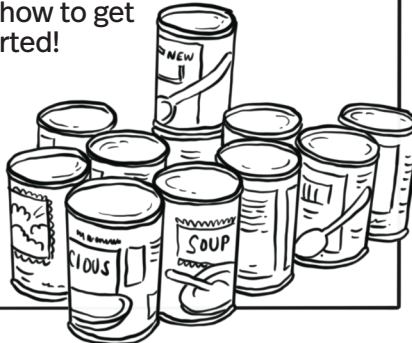
Share tips on how you are following through on goals with other RAKtivists!



RESPONSIBILITY

START A CANNED FOOD DRIVE

Host a Drive to Collect canned foods and other non-perishables for families in need. Read our blog post for more information on how to get started!



COURAGE

SPREAD SOME JOY

Share a Giving Back themed RAK moment with us! Leave notes of gratitude for coworkers and anyone else who deserves it. Share your notes 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 40,000+ 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-raktivist>