



RANDOM ACTS OF KINDNESS

Ysleta Independent School District

What is RAK?

- It is a universal, classroom-based curriculum.
- It is based on research.
- Its lessons are developmentally appropriate and sequential.
- Its materials are teacher-friendly.
- It teaches students skills to help them be successful in school.



DID YOU KNOW? AN ACT OF KINDNESS CAN:

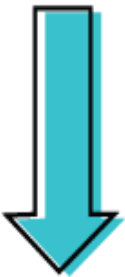
- ✓ DECREASE STRESS
- ✓ BOOST HAPPINESS
- ✓ LOWER BLOOD PRESSURE
- ✓ RELEASE FEEL-GOOD
CHEMICALS (serotonin & oxytocin)
- ✓ INSPIRE MORE
KINDNESS!



Research



- Classroom and School Community/Climate
- Trust among staff
- Empathy/sympathy
- Intrinsic pro-social motivation
- Peer acceptance
- Self-Awareness
- Closeness in the student-teacher relationship



- Discipline Referrals
- Conflict in the student-teacher relationship
- Antisocial/aggressive behaviors

HOW IS IT IMPLEMENTED?

- ONE 30 MINUTE LESSON PER WEEK
- EASY TO TEACH WITH MATERIALS, VIDEOS & BOOKS
- ADMINISTRATION, TEACHING STAFF, COUNSELORS
- HOME EXTENSION ACTIVITIES



Parents

- Parents and family members help influence student perspectives of work and postsecondary education experiences. By communicating these perceptions of work, parents help contribute to students' personal, career, and academic development.

- Demonstrate an active interest and support in the RAK program.
- Help Reinforce Kindness practice with Home Extension activities.



Lesson Example

Home Extension Activity

Background

As part of the Random Acts of Kindness program, we have been talking in class about what it means to be a friend and to have strong relationships with friends and family.

Vocabulary Words

CARING Feeling and showing concern for others.

RESPECT Treating people, places and things with kindness.

HELPFULNESS Assisting or serving others in a kind way.

Instructions

Review the vocabulary words listed above. Also ask your student what he or she has learned about what makes a good friend. Then discuss the following questions and write (or have your student write) responses below or on the back and return to school by the date above:

What does it mean to be a friend?

Thank you

**RANDOM ACTS
OF KINDNESS
FOUNDATION**