



Dolphin Terrace Elem. School introduces RAK by setting kindness goals in the class.

YISD
Counselors
kick off the
year with

*No act of kindness,
no matter how small,
is ever wasted.*
Aesop

What is Random Acts of Kindness (RAK)

Random Acts of Kindness Foundation, a non-profit foundation that believes in spreading kindness throughout schools, communities and homes.

At YISD, the counselors and teachers are implementing RAK with a universal, classroom-based curriculum for all Pre K-12th grades. All lessons are developmentally appropriate and sequential to support building skills so students can succeed in school and at home.

An Act of Kindness

- Decreases stress
- Boosts happiness
- Lowers blood pressure
- Releases feel good chemicals
- Inspires more kindness

Research Shows

Improvements in:

- Class and community climate
- Trust amongst staff
- Sympathy/Empathy
- Peer acceptance
- Self awareness

Research shows a decrease in:

- Disciplinary referrals
- Conflict in the student-teacher relationship
- Antisocial/Aggressive
- Anxiety

Source: Stanford Research Institute and University British Columbia Summary Report

8 Acts of Kindness

One small gesture can make someone else's day...

1. Say Good Morning
2. Be happy for others
3. Hold the door open for others
4. Say "please" and "thank you"
5. Be encouraging
6. Say "I love you" to someone you love
7. Each time you get a new item of clothing, give away one.
8. Pay for your friend's lunch



"If we all do one random act of kindness daily, we just might set the world in the right direction."

~ Martin Kornfeld



How is RAK Implemented?

- ◆ One 30 minute lesson per week for Pre K—8th grades
- ◆ One Lesson a month for 9th-12th grades
- ◆ Easy to teach with materials, videos and books
- ◆ Home extension activities for each lesson



Glen Cove Elementary is hard at work. They introduced kindness by giving each student a cut out of hand. They wrote a kind message and placed it on the kindness tree.

Example of a Lesson for the Home

Background:

In class we have been discussing what it means to be a friend and to have strong relationships with friends and family.

Vocabulary words used in the lesson:

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 with your child and ask what he or she learned about what makes a good friend. Discuss the following question:

What does it mean to be a friend?

If you have any questions or would like ideas of how to implement RAK at home, please call your child's school counselor.