

# How to start your own KINDNESS CLUB

RANDOM ACTS  
OF KINDNESS  
FOUNDATION™

Could you and your fellow students benefit from a little more kindness? Chances are the rest of your school could, too! Here are some tips for starting your own Kindness Club at your school.

“My personal view is you can't scare people into kindness and you can't scare them away from bullying; you have to make them realize how good it feels to be kind.”

Peggy Filer  
RAK Club Advisor



Members of Ceadercrest High School's Random Acts of Kindness Club participated in a Miracle League baseball game (left) & community cleanup service project (above)

## 1 STEP 1: HOW TO FORM A RAK CLUB

Forming a RAK Club is as simple as answering some basic Who, What, When, Where and Why questions:

### WHO WILL BE PART OF THE CLUB?

- **Get Started:** Begin with a few dedicated students and one or two staff members who are willing to act as the advisor. An advisor is essential to help keep you on the right track and to offer suggestions when you get stuck. A past RAK Club advisor suggests that the staff be people who are already fairly well-known in the school or know many of the students.
- **Make it Official:** Meet with the school administration to see if there are any documents or steps that need to be taken to officially start your RAK Club. There may be special school requirements or specific people whom you need to talk to before you can start a club.
- **Include Everyone:** The founding students should look to all groups at school to recruit people. A RAK Club should be a representation of the whole school, not just a certain group.
- **Assign Roles:** Give all members a role/responsibility. If you have a large group, form a team of leading officers to perform different tasks.

### WHAT ARE YOUR GOALS?

- Goals: develop a set of goals and ideas that will help you in the first week of the club's existence. Allow the goals and ideas to evolve over time as your club becomes more organized and your membership grows.
- What influence do you want to have and where—in the classroom? In the entire school? In the larger community?
- Set Yourself Up for Success: Make sure your goals are realistic. Under each goal, write down the steps you need to take to accomplish that goal and assign a time line to those steps.

Every act of kindness has the possibility to be life-changing. Kindness inspires; be an inspiration!  
—Tamara Letter, RAKtivist

### WHEN AND HOW OFTEN WILL YOU MEET?

- Pick a time before, during or after school when the most people can attend.
- Remind people the day before each meeting so they remember to be there.

### WHERE WILL YOU HOLD MEETINGS?

- Pick a meeting location that is easy to find and is open at the time of day you need it.

### WHY DO YOU WANT TO START A RAK CLUB? WHAT IS YOUR MISSION?

- Create a mission statement to go along with your set of goals. Some examples of mission statements are:  
To build self-esteem and raise school morale by showing every person at our school that he or she really can make a difference.  
To bring everyone at our school together in a cooperative, caring way.  
To remind everyone to look for the good in people and praise it—all the time!  
To change the world with kindness!

### PUT IT ALL TOGETHER

- Once you have established all of the above steps, compile them into a document, charter, or a big poster and have every RAK Club Member sign it. Share this with other students, school administration or even the district.

SEE NEXT PAGE FOR STEPS 2 & 3

For more great tips on bringing kindness to your school, visit: [www.randomactsofkindness.org](http://www.randomactsofkindness.org)

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## 2 STEP 2: SPREAD THE WORD

Now that you've answered the Who, What, When, Where and Why questions, it's time to recruit more club members.

### RECRUITING IDEAS:

- Hand out treats as students come in the front door and say "Good morning from the Random Acts of Kindness Club."
- Publicize the first meeting over the morning announcements, at an assembly, on a readerboard and/or make posters and fliers to post in the school.
- On the day of your first meeting, hand out small goodies before school and say, "Have a great day from the Random Acts of Kindness Club. Please come to our meeting today."

If you wake up every day hoping to influence just one person's life, you never know the ripple effect it could have on the world."

## 3 STEP 3: HOLD YOUR FIRST MEETING

Let the fun begin by holding your first meeting as an official RAK Club!

### FIRST MEETING TO-DO'S:

- Bring treats to the meeting.
- Brainstorm ideas of things your club can do in school and in the community (be sure to check out the kindness ideas section of our website). Ask one person to write all ideas on butcher paper or on the board.
- Give your club a name.
- Pick a kindness idea to work on for the next meeting.

### FIRST MEETING ICE BREAKERS:

- Have everyone introduce themselves. Announce what grade they are in as well as something personal like their favorite class, hobby, act of kindness, etc.
- If you have a large group, at every meeting have everyone meet three new people and find two things you have in common with them.
- Give all RAK Club members a colorful 3x5 index card and ask them to write down a kind act they've seen, done or received. Keep the RAK's anonymous like "Someone made me cookies" or "I shoveled my neighbor's walk." Later, you can post the cards somewhere visible or use as inspiration for future club activities.
- Have each person think of one RAK activity to bring to the next meeting.



Ceadercrest High School's  
Random Acts of Kindness Club

## TRIED AND TRUE TIPS FROM PAST RAK CLUB ADVISORS & CLUB MEMBERS:

- At every meeting, record meeting minutes (observations or notes) to help you remember what you've done, what worked and what didn't work at a particular time. Maybe an activity didn't work when the club was young, but it will in a few years.
- Take pictures of meetings, activities, members, etc. Keep a scrapbook, blog or Facebook page for your Club!
- Remember that every meeting and every school year will be different. As members and officers change, so will the club.
- Try to establish a few activities that might become school traditions. For example, organize a drive to collect personal products for the homeless each year before Thanksgiving.
- Even if people can't commit to coming to meetings, encourage the school to be kind.
- Make a club t-shirt.
- Get feedback.
- Change the world.

"The more each person is kind the further it will spread. What can YOU do to be kind today?"



Artwork from Ceadercrest High School's Random Acts of Kindness Club school assembly

"Kindness is thinking about another person & feeling the desire to let them know how important they are just the way they are."