Name _____   # Random Acts of Kindness (RAOK) Log

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Weekly Total _____
						Weekly Total _____
						Weekly Total _____
						Weekly Total _____
						Total for Month _____

****We having a RAOK challenge…how can you spread kindness? Use this calendar to keep track and share your RAOK!
How long will it take us to get to 100???**

Random Acts of Kindness (RAOK) Ideas

1. Bring in a neighbor's garbage bins
2. Write a letter to a far-away family member
3. Open door for those behind you all day long
4. Leave 3 kind notes for your sibling in places they'll find them
5. Take extra dog food or treats to a local animal shelter
6. Box up 5 toys in good condition for donation
7. Write a letter to a soldier
8. Choose a gift off the school/grocery/church giving tree and use your own saved money to purchase it
9. Write a letter to a friend you don't play with every day and mail it
10. Bake cookies and a homemade card to take to a senior center
11. Walk around your neighborhood/school/park and pick up trash/recycling
12. At the school or town library, turn as many books as you can to spine side out on the shelves
13. Give a hug to someone who looks sad or upset today
14. Make your teacher a thank you card just for being great
15. Sit with someone new at lunch today
16. Make popcorn balls for your class/troop/club/church group
17. Donate 3 of your favorite books to the library
18. Write 5 holiday cards to deliver to a local nursing home or hospital
19. Send thank you cards to the police and fire stations
20. Give flowers to someone you don't know very well today
21. Sort and deliver bags of gently used clothes and shoes for donation today
22. Cash in all your pennies and donate them today (collection jars in stores/charities/animal shelters, etc)
23. Give the best-decorated house in your neighborhood a thank you card and treat
24. Smile and say hello to every single person you pass by today
25. Leave out birdseed and peanut butter sticks/balls for the birds and squirrels

Ideas from http://saiaandchago.blogspot.com/p/random-acts-of-kindness-for-kids.html