

Random Acts of Kindness

Photo Collage

We have completed all four weeks of our courage unit. Now it's time to apply everything you have learned. Over the next week or two, we will be working towards completing a random acts of kindness scavenger hunt and documenting our adventures in a photo collage.

Courage Sub-Concept(s)

Vulnerability, Humility, Kindness,

Project Timeframe

1-2 weeks, broken up as needed by class schedule

Required Materials

- Basic art supplies
- Poster boards for each group
- Magazines
- 1 smartphone or camera for each group (optional; you can use magazines to illustrate RAKs if there are media restrictions)
- Tape/Tacks to hang finished photo collages

Standards Map

This project aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Random acts of kindness are actions that are not announced, not necessarily planned, and not rewarded. You are doing kind things for others just because you want someone else to feel good, not because you want anything in return. The act of kindness is the focus, not you as the giver, even if some of these acts might be done directly to the other person. If you are “caught” or if your act of kindness is public, practice using humility by deflecting the praise of you and back to the kind act you are completing!

Here is the plan for this project:

- 1) I will randomly divide you up into groups of 2-3. Each group will be responsible for completing many random acts of kindness on the list within the next week. Your goal is **QUALITY**, not simply quantity. You will notice that your list is in the shape of a bingo card. Your goal is to complete enough random acts of kindness to create a winning bingo card. Remember that can be 5 squares in a vertical, horizontal, or diagonal line.
- 2) Within your group **EVERY** person must be an active participant. As you complete each chosen RAK, have someone take a picture of what happened in some capacity. **NOTE:** You may **NOT** take pictures of people. Your challenge is to record your acts using only pictures of objects. Another option is to cut out pictures from magazines to illustrate your RAKs.
- 3) Each group will use their pictures and the art supplies provided to create a photo collage of their RAKs. They will attach their completed bingo card to the back of their collage. They will then present their collage to our class. After all of our presentations, your collages will be displayed throughout the school to encourage ongoing kindness throughout the year and into our summer break.

PART 1 (Week 1): Rules for completing Random Acts of Kindness

Before we can begin our project, we need to explore the rules for completing our tasks.

- Your group can only complete RAKs during our designated RAK class times, breaks, lunch time, or after school with proper supervision.
- Your group may not break any rules to complete a RAK.
- Remember the focus is on the act of kindness, NOT on your group.
- This isn't a competition; there is no prize at the end except knowing you've made somebody's day a little brighter. Your goal is to spread kindness through courageous and humble acts.
- If a certain RAK is difficult to capture in a kind manner, take a picture of the before or after and explain what you did when you add it to your collage.
- Each RAK is intentionally vague. This is to allow your group to use your creativity to come up with a personalized way to complete each task you select.

Part 2 (Week 2): Photo Collage Creations

Now that you have captured 5+ images of RAKs you completed over the past week, it is time to document them in a collage fashion. Your goal is to use humility to emphasize the kind acts and NOT emphasize your group.

- You may use photos, words, magazines, and the art supplies provided to create your photo collage.
- Every person must participate in the collage creation. One option is to give each person 1-2 pictures and allow them ownership over how they incorporate that picture into your collage.
- Every person must participate in the presentation and explanation of the collage. Since everyone participated in creating it, this part should be easy!

Random Act of Kindness BINGO

Help someone that is struggling	Surprise someone with a treat	Give a compliment to an adult	Leave a kind note on the mirror in the bathroom	Introduce yourself to someone you don't know very well
Cheer someone up	Encourage someone during an afterschool activity	Clean up the hallways	Help a parent that comes to school	Leave a note on someone's desk to encourage them
Give a compliment to a student that is not a friend	Allow someone to go in front of you at lunch	FREE SPACE	Help the front office staff	Invite others to help you clean up the lunchroom
Leave a positive note on a locker	Help in the cafeteria	Invite someone to join your lunch table	Invite someone new to sit by you on the bus	Organize something for one of your teachers without being asked
Give someone a thank you note	Help a teacher	Choose a new partner in class	Ask a friend how you can help them today	YOUR OWN IDEA Write it here:

