

Random Acts of Kindness

Photo Journal

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/scrapbook journal.

Courage Sub-Concept(s)

Vulnerability, Humility, Kindness,

Project Timeframe

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

Required Materials

- Basic Art Supplies
- Journal entry templates (see below)
- Magazines
- 1 smartphone or camera for each group
- Tape/Tacks to hang finished journals

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 off of you and back to the kind act you are completing!

Here is the plan for this project:

1. I will pair you up randomly. Each pair will be responsible for completing 10 random acts of kindness on the list within the next week. Your goal is QUALITY, not simply quantity. You will notice that there are actually 25 options on this checklist. You may complete more of them if possible, but 10 genuine RAKs are much more powerful than 25 RAKs that are done quickly and without integrity.
2. Both of you must participate in completing the RAKs. You can accomplish this by taking turns, working together to achieve a RAK, or dividing the RAKs up based on comfort levels and skill set. You must use a picture or a cut out image from a magazine to represent each RAK you complete. NOTE: You may NOT take pictures of people. Your challenge is to record your acts using only pictures of objects. This can be accomplished through the use of a phone, camera, or magazine depending on your school's media restrictions.
3. Each group will use their pictures and the art supplies provided to create a photo journal of their RAKs illustrating the journey they took and reflections on how each RAK was accomplished, made them feel, etc. They will attach their completed checklist to the inside flap of their journal. They will then present their journal to our class, highlighting 1-2 RAKs that were most meaningful to them and why. After all of our presentations, the journals 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 yourselves!
- 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 Journal Creation

Now that you have captured 10+ images of RAKs you completed over the past week, it is time to document them using a journal format. Your goal is to use humility to emphasize the kind acts, NOT yourselves.

- You may use photos, words, magazines, and the art supplies provided to create your photo collage.
- You must write a reflection of 3-5 sentences below each RAK you include in your journal.
- Every person must write at least 5 reflections within the journal. Make sure to sign your name below each reflection.
- If desired, both people can reflect on a RAK!
- Every person must participate in the journal creation. One option is to give each person 5+ pictures and allow them ownership over the completion of those accompanying journal pages.
- Every person must participate in the presentation and explanation of your most meaningful RAKs and the journal you created. Since everyone participated in creating it, this part should be easy!
- Make sure to create a cover page with the authors' names and an image that best captures your overall experience with this project!

Random Act of Kindness BINGO

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| 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: |

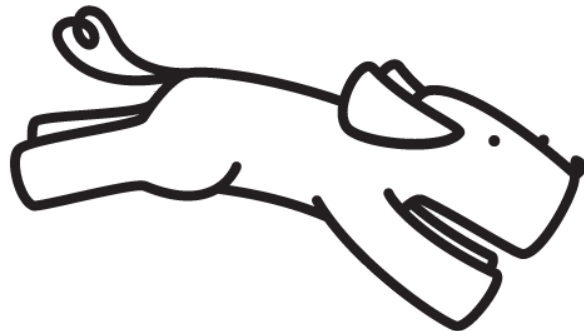


Photo Journal Entry

Name: _____ Random Act of Kindness # _____ Photo Title: _____

ADD YOUR IMAGE HERE

Use the space below to journal about your experience completing this Random Act of Kindness. Three-five sentences is required. Use the following questions to help you write your reflection. How did this RAK go? How did it affect you as the giver? If this RAK involved others, how did they react? What surprised you the most during this RAK?
