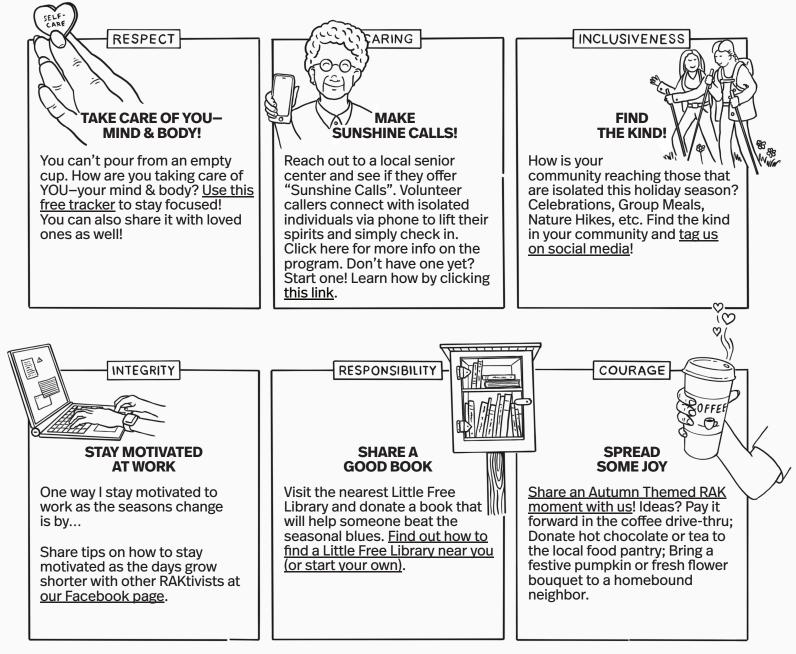


## OCTOBER RAKTIVIST TOOLKIT

Our Autumn RAKtivist Toolkit starts off with our October theme of mental health and self-care. Every season RAK creates a toolkit to help all of you promote kindness throughout your own communities using our six kindness concepts of RESPECT, CARING, INCLUSIVENESS, INTEGRITY, RESPONSIBILITY, and COURAGE. Below are some ideas to get you started. Don't feel obligated to do all of these activities. The goal is to choose at least one and then stick with it. Kindness is contagious and once you start, others will inevitably join in!



Have a twist or different idea? Share it with our RAKtivist community on our Facebook page here. Our RAKtivist community is 40,000+ members strong. Let's use our voices to continue to spread kindness internationally. **LET'S MAKE KINDNESS THE NORM.** 

## RANDOM ACTS OF KINDNESS

https://www.randomactsofkindness.org/become-a-raktivist