



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!



RESPECT

TAKE CARE OF YOU— MIND & BODY!

You can't pour from an empty cup. How are you taking care of YOU—your mind & body? Use this free tracker to stay focused! You can also share it with loved ones as well!



CARING

MAKE SUNSHINE CALLS!

Reach out to a local senior center and see if they offer "Sunshine Calls". Volunteer callers connect with isolated individuals via phone to lift their spirits and simply check in. Click here for more info on the program. Don't have one yet? Start one! Learn how by clicking this link.

INCLUSIVENESS



FIND THE KIND!

How is your community reaching those that are isolated this holiday season? Celebrations, Group Meals, Nature Hikes, etc. Find the kind in your community and tag us on social media!



INTEGRITY

STAY MOTIVATED AT WORK

One way I stay motivated to work as the seasons change is by...

Share tips on how to stay motivated as the days grow shorter with other RAKtivists at our Facebook page.

RESPONSIBILITY

SHARE A GOOD BOOK

Visit the nearest Little Free Library and donate a book that will help someone beat the seasonal blues. Find out how to find a Little Free Library near you (or start your own).

COURAGE

SPREAD SOME JOY

Share an Autumn Themed RAK moment with us! Ideas? Pay it forward in the coffee drive-thru; Donate hot chocolate or tea to the local food pantry; Bring a festive pumpkin or fresh flower bouquet to a homebound neighbor.

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
FOUNDATION®**

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