Random Acts of Kindness Challenge Information



Being a school employee can be a tough, though very rewarding, job. In efforts to nurture supportive relationships with others in the workplace, you can host a Random Acts of Kindness Challenge!

The great part of this challenge is it can be done in person, over email, during team meetings or with friends, family and neighbors.

Here are some resources for developing your own challenge, in addition to the sample flyer and challenge tracker template below:

* [10 Random Acts of Kindness](https://happyologist.co.uk/happiness/10-random-acts-of-kindness/) – blog post by The Happyologist
* [Wellness newsletter challenge announcement](https://mailchi.mp/ed7a56f3a532/gg6ybi057x-2553309?e=6e94d4be30) example with random acts of kindness graphic from The Happyologist – Willamette ESD

Additional information:

* [The Heart and Science of Kindness](https://www.health.harvard.edu/blog/the-heart-and-science-of-kindness-2019041816447) – Harvard Health
* [Being Kind to Others Benefits You](https://www.psychologytoday.com/us/blog/dont-forget-the-basil/201806/being-kind-others-benefits-you) – Psychology Today

Please customize any of the materials in this kit to host this challenge for your organization!

Random Acts of Kindness Challenge

Spread some kindness and cheer to colleagues, friends, neighbors and family members as part of this challenge!

**Challenge start date**:

**Challenge end date**:

**How to participate**: For each day you practice a random act of kindness, mark the challenge tracker. After the last day of the challenge, turn in your tracker to person by date.

**Incentives/prizes**: For each day you practice a random act of kindness, you’ll earn one entry into a drawing for x. The drawing will be conducted by date and winners will be announced by communication channel (email, wellness newsletter, announcement at a meeting).

If your wellness program has a logo, insert it here to brand this challenge as part of your program!

Random Acts of Kindness Challenge Tracker

Name:

Challenge start date:

Challenge end date:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |
| Enter date | Enter date | Enter date | Enter date | Enter date | Enter date | Enter date |

Some random acts of kindness ideas:

|  |  |
| --- | --- |
| * Give an honest compliment | * Offer to help someone |
| * Send a thank you note or email | * Be a good listener |
| * Practice a self-care activity | * Hold the door open for someone |
| * Ask someone how their day is going | * Send a small gift out of the blue |
| * Let someone go in front of you in line | * Do a chore usually done by your spouse, partner or roommate |

If your wellness program has a logo, insert it here to brand this challenge as part of your program!