

101 RANDOM ACTS OF KINDNESS CHALLENGE



FRIENDS



FAMILY



SCHOOL



ENVIRONMENT



ANONYMOUS



SPOKEN



CREATED



ACTION



NEW & OLD



OWN IDEAS!

Invite someone to come and play with you 1	Do a household job that one of your family members normally does 2	Help a classmate with their work 3	Pick up as much rubbish as you can for one day 4	Leave a kind note for someone without telling them it was you 5	Say thank you to someone for something they do every day 6	Make a meal or a treat for a special friend (check allergies!) 7	Let someone in front of you in the line 8	Speak to a new student or teacher at school 9	10
Tell your friend why you like them 11	Send a letter or card to a relative that doesn't live in your house 12	Pack up at the end of the day or lesson without being asked 13	Ride your bike, walk or bus/tram to school 14	Make a donation of some sort to a charity 15	Tell someone what you think makes them special 16	Draw a picture for someone you care about 17	Help an elderly person carry their shopping 18	Show someone a new game 19	20
Let your friend decide how you are going to play/relax today 21	Do one of your own household jobs without being asked 22	Thank someone who works at school for doing a great job 23	Clean up a section of the beach with your family 24	Put coins to top up someone's parking meter 25	Compliment someone you don't know 26	Design an invention to make someone laugh - share it with them! 27	Carry something for someone who you are walking with 28	Learn to say 'hello' to different people in different languages 29	30
Leave kind/funny post-it notes for your friends to find 31	Do a favour for a family member and don't expect anything in return 32	Ask your teacher if you can help them with anything 33	Plant a tree 34	Leave a fantastic book in a random place for someone to find and read 35	Ask someone to talk about what they love and really listen 36	Write or tell a story to someone 37	Hold the door for someone 38	Try introducing yourself to someone from a different classroom 39	40
Move and act in silly ways until your friends laugh 41	Plan a surprise party for someone in your family - it doesn't have to be their birthday! 42	Give up some of your recess or lunch to help someone at school 43	Spend some time weeding a patch of garden 44	Give up your seat for someone on a bus/tram etc 45	Spend a day telling everyone you see, that you hope they have a wonderful day 46	Make breakfast for someone in your home 47	Walk the dog for a friend or neighbour 48	Teach someone a new skill 49	50
Find out a friend's favourite animal and draw them a picture of it 51	Help the grown up/s at home make dinner 52	Tell a classmate why you think their work is impressive 53	Try having only nude food for a week 54	Donate colouring books and pencils to the Children's Hospital 55	Try going a whole day without saying anything negative 56	Create a secret handshake with someone special 57	Put something away that isn't yours 58	Learn a new skill from someone 59	60
Reconnect with a friend 61	Tell everyone in your family why they are so special to you 62	Volunteer at a BNW working bee or special event 63	Clear rubbish from down your street 64	Leave a joke or kind note in a library book for someone else to find 65	Tell a joke to someone who would enjoy a laugh! 66	Learn how to make someone a scarf or friendship band 67	Offer to make someone a drink (or fill their water bottle!) 68	Give away your old clothes 69	70
Give high fives to everyone in your class 71	Call/video chat with a relative who you haven't seen in a long while 72	Help someone build a cool cubby that isn't your own 73	Visit the waterway (with a grown up) and clear rubbish - be careful! 74	Write words of kindness and encouragement in chalk on the footpath 75	Ask an older person to tell you a story from their childhood - and listen! 76	Make a card to say thanks to someone in service (police officer, paramedic, fire fighter) 77	Wave at people on a bus or tram 78	Mend clothing instead of throwing it away 79	80
Give someone a hug (ask first!) 81	Let another family member decide what TV show/movie to watch 82	Tell Hannah about how amazing one of the grown ups at school is 83	Install a nesting box in a tree 84	Donate food items to the ASRC 85	Say hello to everyone you see for a whole weekend! 86	Create a postcard and send it to someone special 87	Take old sheets and towels to the RSPCA 88	Give your old books/toys to someone in need 89	90
Cheer up a friend when they are feeling down 91	Make someone else's bed without being asked 92	Read a story to someone in another class 93	Reuse paper when you are drawing 94	Pick flowers and leave them in someone's letterbox 95	Say thank you to a nurse you know for doing a tough job 96	Write a song and perform it for someone special 97	Smile at everyone - it's contagious! 98	Buy something second hand instead of brand new 99	100

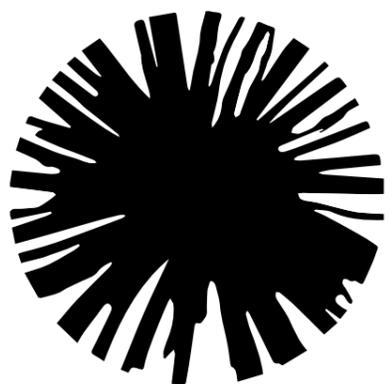
LAST BUT NOT LEAST! YOUR 101TH CHALLENGE...

101

NAME:

STUDENT'S NAME:

STUDENT'S CLASS:



**BRUNSWICK
NORTH WEST**
PRIMARY SCHOOL

101 RANDOM ACTS OF KINDNESS CHALLENGE

HERE'S HOW IT WORKS!

1. All community members are invited to participate in the challenge
2. On the flip side you'll see your challenge chart – stick it up at home and get ready to start marking off your RAKs!
3. 90 RAKs have been provided, you come up with the last 11!
4. These ideas are to serve as inspiration – you can adjust the ideas if you like (eg. Clean up a reserve instead of a beach)
5. The order of completing the RAKs doesn't matter and you can do lots on one day if you like. As there are almost twice as many school days as RAKs, if you spread them out it could become a new habit!
6. Completed RAK Challenge sheets must be handed in to the office by 4PM Thursday 19th December 2019
7. This is based on trust and kindness – please only enter if you have honestly completed 101 RAKs!

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