

# RANDOM ACTS OF Kindness

February 2024

## INTRODUCTION:

In the spirit of Random Acts of Kindness Week, the Anti-Bullying Institute has created a toolkit to help jumpstart your school's festivities or supplement your existing celebration plans! In this toolkit, you will find a variety of resources, activities, and incentives that will encourage students to demonstrate kindness by being upstanders! We hope this toolkit will help promote a culture of kindness and inclusivity at your site.

## RAK Toolkit Includes:

**RAK Calendar**

**Upstander Acrostic Poem**

**Kindness Jar Worksheet**

**Kindness Writing Craft Activity**

**Upstander Word Search**

**Upstander Crossword Puzzle**

**Kindness Postcard Template**

**Kindness Jar Worksheet**





## TOOLKIT DESCRIPTION

The RAK Toolkit contains the following items:

- **Random Acts of Kindness Month Calendar**
  - A teaching tool for parents, teachers, counselors, and community members to use to inspire others to be kind to one another. The calendar is divided into individual acts of kindness during the week and group acts on weekends.
- **Kindness Jar Worksheet**
  - A tool to help students track their random acts of kindness!
- **Kindness Writing Craft Activity**
  - An activity that is intended to foster community within the school. Have students fill out their banners and string them together!
- **Acrostic Poem**
  - A creative way to have students describe what it is to be an Upstander and how they can impact others.
- **Word Search**
  - A tool that can be used to reinforce the qualities and attributes that an Upstander displays.
- **Crossword Puzzle**
  - A tool that can reinforce and test students' knowledge about Upstanders.



# RANDOM ACTS OF Kindness

Calendar • February 2024

Choosing to be kind to others and yourself can make the biggest difference. During the month of February, join us in celebrating the impact that kindness has in our everyday lives!

SUN

MON

TUE

WED

THU

FRI

SAT

Kindness Resources Available at



**RMCCHARITY.ORG**



**RMC**  
CHARITABLE  
*Foundation*

4

Create a list of 3 things you are grateful for.

5

Compliment a classmate.

6

Respect others' personal space & boundaries.

11

Play a game that you love.

12

Join or volunteer to start a kindness club.

13

Listen to a friend without judgment.

14

Post a positive quote on social media.

15

Eat lunch with someone new today.

16

Volunteer to pick up trash at lunch.

17

Try a new recipe with your family.

18

Try a new hobby today.

19

Remind your closest friends how much you care about them.

20

Post an inspiring story on social media.

21

Check-in with a friend you haven't spoken to in a while.

22

Take a walk and enjoy the fresh air.

23

Listen to your favorite music with others.

24

Make your favorite snack and share it with others.

25

Unplug from technology today.

26

Create a bucket list with your friends.

27

Write a kind note to your teacher.

28

Create a list of your strengths.

29

Write positive messages on the sidewalk with chalk.

2 Offer your help to someone who is struggling.

3

Have a movie night with loved ones.

7

Create a kindness card for someone.

8

Volunteer to help your teacher.

9

Include a new friend in your game.

10

Garden with your family.

20





# UPSTANDERS

ACROSTIC POEM



**Direction:** Write an acrostic poem about being an upstander!

An acrostic poem uses the letters in a topic word to begin each line. All lines of the poem should relate to an upstander.

U \_\_\_\_\_

P \_\_\_\_\_

S \_\_\_\_\_

T \_\_\_\_\_

A \_\_\_\_\_

N \_\_\_\_\_

D \_\_\_\_\_

E \_\_\_\_\_

R \_\_\_\_\_



# UPSTANDERS

KINDNESS JAR

**Direction:** In the jar below, write down random acts of kindness you have done this week. Try to fill up the whole jar!





# KINDNESS BANNER



## WRITING CRAFT ACTIVITY

**Direction:** Write about how you can spread kindness at school.  
After you are done, decorate your kindness banner!

I can spread

KINDNESS...

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# UPSTANDERS

## WORD SEARCH



I	C	U	P	L	I	F	T	I	N	G	S	T	Z	Q
A	O	R	I	A	R	E	S	P	E	C	T	F	U	L
S	M	H	R	N	D	W	K	A	L	Y	Z	F	N	I
U	P	U	E	E	C	V	O	Y	E	V	Y	C	D	N
P	A	M	S	M	N	L	O	W	H	P	Q	A	E	S
P	S	B	P	H	P	C	U	C	X	D	O	R	R	P
O	S	L	O	R	E	A	O	S	A	N	Z	I	S	I
R	I	E	N	E	F	L	T	U	I	T	S	N	T	R
T	O	H	S	S	R	C	P	H	R	V	E	G	A	I
I	N	O	I	I	I	Q	P	F	E	A	E	S	N	N
V	A	N	B	L	E	F	S	T	U	T	G	Y	D	G
E	T	E	L	I	N	O	A	H	J	L	I	I	I	N
L	E	S	E	E	D	B	F	T	N	V	O	C	N	T
N	C	T	V	N	L	N	E	K	I	N	D	E	G	G
P	H	O	Y	T	Y	P	A	T	I	E	N	T	H	B

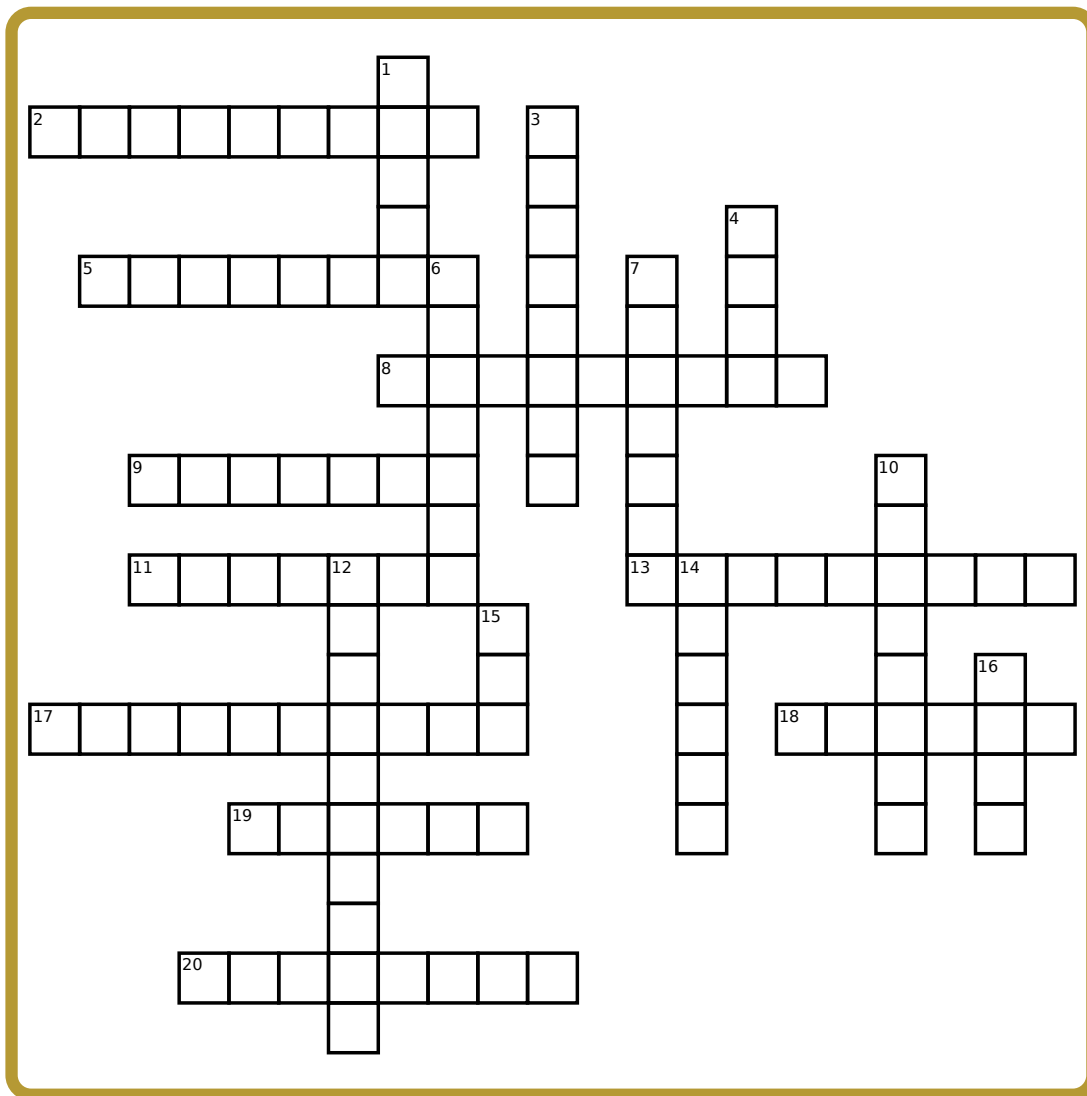
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|----------------------|--------------------|------------------|----------------------|--------------------|
| <b>ADVOCATES</b>     | <b>ENCOURAGING</b> | <b>HUMBLE</b>    | <b>PATIENT</b>       | <b>RESPECTFUL</b>  |
| <b>CARING</b>        | <b>FRIENDLY</b>    | <b>INCLUSIVE</b> | <b>UPLIFTING</b>     | <b>RESPONSIBLE</b> |
| <b>COMPASSIONATE</b> | <b>HELPFUL</b>     | <b>INSPIRING</b> | <b>UNDERSTANDING</b> | <b>SAFE</b>        |
| <b>EMPATHETIC</b>    | <b>HONEST</b>      | <b>KIND</b>      | <b>RESILIENT</b>     | <b>SUPPORTIVE</b>  |



# UPSTANDERS



## CROSSWORD PUZZLE



### Down:

1. Tell a trusted \_\_\_\_\_ if you see bullying happening at school.
3. Throw kindness like it is \_\_\_\_\_!
4. You can cheer someone up by telling a funny \_\_\_\_\_!
6. Being able to put yourself in someone else's shoes.
7. The act of being aware of your thoughts and feelings.
10. The quality of being friendly, generous, and supportive.
12. Kindness is a \_\_\_\_\_! (An ability superheroes have).
14. If you see someone alone, \_\_\_\_\_ them to join your group or activity!
15. When you see something, you \_\_\_\_\_ something!
16. Tell the person who is bullying to \_\_\_\_\_.

### Across:

2. To show appreciation towards something.
5. The ability to communicate your wants and needs to others.
8. Someone who recognizes something wrong and does something to make it right.
9. Offer your \_\_\_\_\_ to someone who has been bullied.
11. The quality of being truthful and sincere.
13. Active \_\_\_\_\_ involves paying attention to what someone else is saying.
17. The ability to adapt to change and adversity.
18. Take a deep \_\_\_\_\_ when you are feeling anxious or overwhelmed.
19. \_\_\_\_\_ bullying incidents as soon as possible.
20. To act in a warm way that is welcoming and inviting.





# UPSTANDERS



## WORD SEARCH ANSWER KEY

I	C	U	P	L	I	F	T	I	N	G	S	T	Z	Q
A	O	R	I	A	R	E	S	P	E	C	T	F	U	L
S	M	H	R	N	D	W	K	A	L	Y	Z	F	N	I
U	P	U	E	E	C	V	O	Y	E	V	Y	C	D	N
P	A	M	S	M	N	L	O	W	H	P	Q	A	E	S
P	S	B	P	H	P	C	U	C	X	D	O	R	R	P
O	S	L	O	R	E	A	O	S	A	N	Z	I	S	I
R	I	E	N	E	F	L	T	U	I	T	S	N	T	R
T	O	H	S	S	R	C	P	H	R	V	E	G	A	I
I	N	O	I	I	I	Q	P	F	E	A	E	S	N	N
V	A	N	B	L	E	F	S	T	U	T	G	Y	D	G
E	T	E	L	I	N	O	A	H	J	L	I	I	I	N
L	E	S	E	E	D	B	F	T	N	V	O	C	N	T
N	C	T	V	N	L	N	E	K	I	N	D	E	G	G
P	H	O	Y	T	Y	P	A	T	I	E	N	T	H	B

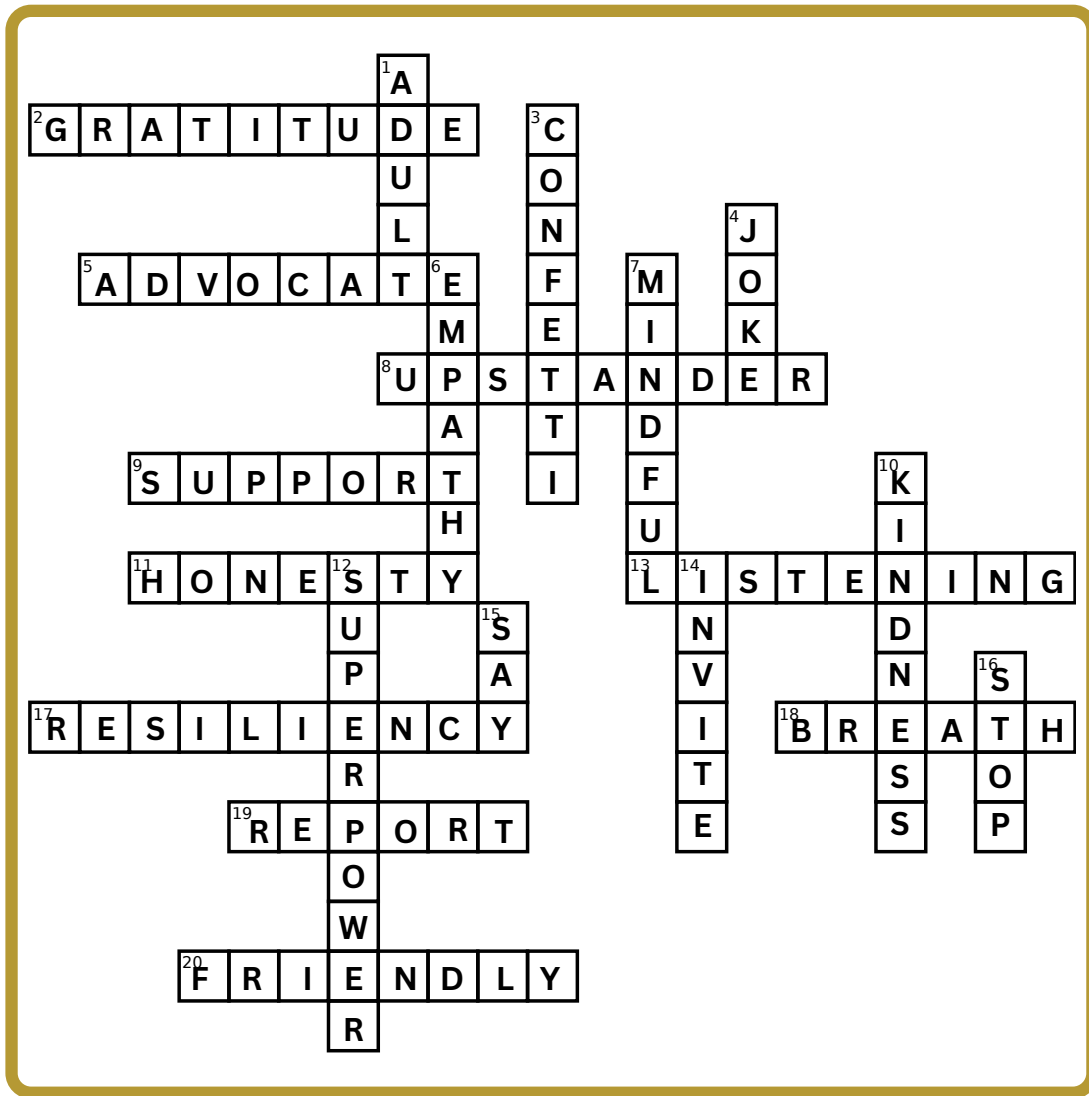
- |               |             |           |               |             |
|---------------|-------------|-----------|---------------|-------------|
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| CARING        | FRIENDLY    | INCLUSIVE | UPLIFTING     | RESPONSIBLE |
| COMPASSIONATE | HELPFUL     | INSPIRING | UNDERSTANDING | SAFE        |
| EMPATHETIC    | HONEST      | KIND      | RESILIENT     | SUPPORTIVE  |



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