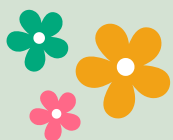




Random Acts of Kindness Writing Contest



What Does Kindness Mean To You?

For more information and contest submission form, visit our website
www.rmcharity.org

Elementary School

Write a short story about a day at school where everyone practices kindness. Use your imagination to create a heartwarming tale that inspires others to be kind too! In your story include:

- How students can help each other, share, and include those who might feel left out
- What school looks and feels like when everyone is kind

High School

Write a reflective essay on the profound impact of kindness in your life and its broader significance in society. In your essay include the following:

- Personal anecdotes, or short stories, detailing instances where kindness played a role in shaping your viewpoint or influencing your actions
- How acts of kindness, both given and received, have contributed to your emotional well-being and personal growth
- Reflect on your own capacity for kindness and how you can contribute to a kinder and more empathetic society
- Your vision for a world where kindness is a guiding principle, and individuals actively work towards making a positive difference in the lives of others

Middle School

Write an essay exploring the power of kindness in your life and its impact on others. In your essay include the following:

- Personal stories or observations about moments when kindness made a significant difference
- How small acts of kindness, like a smile or a helping hand, can create a ripple effect
- Challenges you or others may face in choosing kindness and how to overcome obstacles
- Times you've experienced kindness and its lasting effects on your mood and relationships
- Proposed ideas for how individuals can create a more compassionate and understanding world by fostering a culture of kindness in your school and community

Guidelines

- Elementary School: 250 word max
- Middle School: 250 word min, 500 word max
- High School: 500 word min, 1,000 word max
- All submissions must be received by March 1st, 2024
- Only 1 entry per student