

## Random Acts of Kindness

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"Random Acts of Kindness" is a huge movement that is spreading around the world. A **movement** is a group of people who share the same ideas or goals, but what is a "Random Act of Kindness"?

### Random Acts of Kindness

A **random act of kindness** is an unexpected act of charity, kindness, or helpfulness performed by kind people to either help or cheer up someone, for no reason other than to make people happier. Sometimes, these acts are planned and sometimes they simply happen as a response to something.

### The Ripple Effect



A **ripple effect** is a situation in which, like ripples spreading across water when an object is dropped into it, the impact of an action can spread and grow.

A **random act of kindness** can create a ripple effect of kindness. It starts as a single act, but then spreads outward as people "pass it on" or "pay it forward".

### Research Shows

Researchers have shown that kindness can be highly contagious. In other words, when we show kindness toward one person, that person is much more likely to be kinder toward others in the future, and so on. The kindness spreads from person to person. It's good to know that our acts of kindness don't only impact the people we do nice things for, but many other people we may never even know about. This shows that our actions can have a real and long-lasting effect on our community and the world, even if they start off very small.

Small acts of kindness go a long way toward making other people feel good – and you feel good when you are kind, too. If we are going to build a more positive world then it has to start somewhere. So why can't you be part of the catalyst?

### Ideas for Random Acts of Kindness for Youth

- ♥ Read a story to a younger sibling
- ♥ Compliment people
- ♥ Open the door for someone
- ♥ Call a grandparent, aunt, uncle, or elderly friend that may be lonely
- ♥ Clean part of your house (besides your bedroom) without being asked
- ♥ Write a letter to an old teacher
- ♥ Write positive chalk messages on the sidewalk
- ♥ Donate old books to a library or local charity
- ♥ Pick up trash
- ♥ Bake cookies for someone
- ♥ Make a homemade gift for someone
- ♥ Visit someone who could use some company, such as an elderly neighbor or someone who may not get out of the house often.
- ♥ Arrange to visit a senior center and play a board game with someone
- ♥ Collect old towels and blankets for an animal shelter
- ♥ Donate toys to a charity (transition house, community services)
- ♥ Earn some money and donate to a food bank
- ♥ Leave positive notes in random places
- ♥ Create a "thank you" card for someone who won't expect it
- ♥ Grow your hair out to donate
- ♥ Leave a bookmark in a library book with a positive message on it
- ♥ Paint rocks with kindness messages; leave on trails or in parks
- ♥ Volunteer at a soup kitchen (with a parent/guardian)
- ♥ Ask for donations instead of birthday gifts
- ♥ Smile at everybody – it's contagious