

# Random Acts of Kindness for Lent 2018

## RAK Week 1 - beginning February 18th

- Use the first name of the person serving you at the supermarket checkout/ coffee shop/ restaurant and thank them personally.
- The internet is full of negative comments. Post something positive and encouraging to others on Facebook or on a blog.
- Send a thank you note to someone – even if it is just to say thank you for being a friend/ support/ listening ear/ shoulder to cry on/ cheering you up.

## RAK Week 2 – beginning February 25th

- Help the environment by recycling as much rubbish/ food/ garden waste as you can this week. Take that empty drinks bottle home and recycle it rather than put it in a bin.
- Have a good sort out and donate some clothes or other items to a charity.
- Give a helping hand to someone. Maybe you could make them a meal, bake a cake, take them shopping or do their shopping for them.

## RAK Week 3 – beginning March 4th

- Sign a petition or write a letter supporting a particular cause.
- Tell a member of your family that you love them.
- Pray for something or someone in the news this week.

## RAK Week 4 – beginning March 11th

- Switch off some of the lights in your house to conserve energy.
- Grab a few sticky notes and spend five minutes writing positive statements on them. Then place the sticky notes anywhere that needs a little kindness like an office, a bus stop, a parked car, a school, in a library book or hidden around your home!
- Start and end your day by giving thanks for something or someone in your life.

## RAK Week 5 – beginning March 18th

- There's something about a handwritten note that just feels more meaningful than a text or email. Write a letter to someone today.
- Donate some money to a charity for the homeless.
- Driving can be pretty fun if you're in the right state of mind. One of the best ways to enjoy your drive is to be polite to others on the road who may be stressed out, lost or late for an appointment. Let them merge. Share a smile or a friendly wave if they let you in. Let pedestrians cross the road and follow the speed limit signs.