

Kindness for a Dollar Challenge

Welcome to RAK Week! RAK stands for Random Acts of Kindness. Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* Each day should take you about 15-20 minutes (excluding prep/clean up.). You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

Materials: \$1 bill per student (can combine students if needed) envelope

Daily Lessons

Day 1 Extension

3 min Video:
 The Circle of Kindness
[Video Link](#)



Day 1- Explore- What is a Random Act of Kindness?

Explain RAK week and how the students will use \$1 to spread kindness beyond our classroom. As a class, explore the meaning of kindness and examples of random acts of kindness you've experienced OR observed. This could have been done by a family member, a friend, a teacher, a food worker...even a complete stranger! Also, be sure to have a personal example of a RAK you have received to share with your class.

Day 2 Extension

\$1 Kindness Story:
 Read the following story aloud to help your students get inspiration! [LINK](#).



Day 2- RAK on a Dollar Brainstorm

Have students brainstorm how they will use their dollar to spread kindness. Do not place too many parameters around this assignment. Pass out an envelope with a \$1 bill for each student and explain the rules. There is no wrong way to complete a RAK as long as the person actually incorporates the dollar and the RAK is for someone other than themselves.

Day 3 Extension

Kindness Heads Up:
 Write a kind act on a sticky note. Have students pick 1 blindly and put it on their head. Others act it out and they guess it!



Day 3- RAK on a Dollar- Presentations

Since some students will complete their RAK quickly and others will take longer, have students begin to share their \$1 RAKs today. They can present them aloud, or write down what they did and the teacher can read them aloud, depending on comfort level. Give time for your class to discuss the impact and brainstorm additional next steps if they were to do it again.

Day 4 Extension

RAK Share: Have students share 1 RAK they've experienced this week!



Day 4- RAK on a Dollar- Presentations

Continue with presentations today as students complete their RAKs. Ideally all \$1 RAKs will be completed today, but allow time tomorrow just in case some students needed more time (or decided to combine money with others). Also, make sure to explore how each giver felt during this activity.

Day 5 Extension

Journal Entry: How were you kind to yourself this week?



Day 5- RAK Discussion

As a class, identify who was able to observe their RAK recipient and who wasn't. For those that did observe, what were the reactions? For those that didn't, what reactions did you imagine? Did you go back and check to see if your RAK was taken/received/passed along etc.? If so, how do you feel now?