

# Local Business Reviews

**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:** Internet access, cardstock (optional), basic art supplies (if desired)

## Daily Lessons

### Day 1 Extension

[2 min Video:](#)  
 The Science of  
 Kindness  
[Video Link](#)



### Day 1- Explore- What are Random Acts of Kindness

Explain RAK week and how the class will leave positive reviews for local businesses to spread kindness beyond our classroom. As a class, explore the meaning of kindness and who in your world has been kind to you in a big way. Discuss how the smallest act of kindness can really change your whole day. This is the same with our local businesses. Even one positive review can give them motivation to keep going!

### Day 2 Extension

[Thank you card:](#)  
 Create thank you  
 cards to a few local  
 businesses. Hand  
 deliver them with a  
 smile!



### Day 2- Local Business Brainstorm

As a class, brainstorm local businesses that really serve your community. To help your class focus, divide them into 3-4 groups, each with their own focus (restaurants, service industry, automotive, healthcare and pets, utilities, etc.). Have each group identify local businesses (avoid big chains if possible). The goal is to promote kindness within your immediate community. Create a list of 4-6 businesses per group. Write them down for discussion tomorrow.

### Day 3 Extension

[Online Card Creation](#)  
 Interested in sending  
 electronic thank you  
 cards to a business?  
[Design Link](#)



### Day 3- Business Discussion

Reflect back on the businesses identified yesterday. HOW have these local businesses promoted kindness within our community? Encourage students to come up with personal examples for at least one of the businesses identified. Have students sort themselves into groups according to the business they want to personally thank to continue the conversation.

### Day 4 Extension

[RAK Share:](#) Have  
 students pair up and  
 share one RAK  
 they've done this  
 week!



### Day 4- Business Reviews

Today is the day to leave those reviews! Explain what makes a good review- punctuation, good grammar, spelling, complete sentences, etc. Also, discuss WHERE to leave a review- google, yelp, company website, in writing, through the mail, etc. Also, if students are able, have them thank the business owners in person or on the phone directly as well!

### Day 5 Extension

[Journal Entry:](#) How  
 were you kind to  
 yourself this week?



### Day 5- Review and Reflection

If necessary, finish up your online reviews today. If time allows, discuss how it felt to spread kindness in this way. Have you ever left a review before? Did it inspire you to read the other reviews? Did anyone speak with a business owner directly? If so, what was their reaction?