

# Wall of Kindness

**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:** Butcher Paper, Black Marker (or paint), Sticky Notes, Basket, pencils

## Daily Lessons

### Day 1 Extension

3 min Video:  
Kindness- The World  
We Make  
[Video Link](#)



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

Explain RAK week and how the students will create a Wall of Kindness in the hallway 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. Now think about your own behavior- how have YOU spread kindness? The challenge this week will be to do RAKs for others in our school. As we do them, we will write them down and add them to our Wall of Kindness. The goal- to inspire others to join us!

### Day 2 Extension

RAK Stories: Have students relax and close their eyes while you read aloud Kindness Stories  
[LINK](#).



### Day 2- Create Wall of Kindness

As a class, brainstorm design ideas for your hallway facing RAK bulletin board. If you do not have designated boards, simply adhere butcher paper to the wall or use tape to create a mock picture frame for your RAKs. Have students add designs and images if desired. Your class can also add their own RAKs on the board to get it started. Make sure to leave a basket or table with sticky notes and pencils so others can add their RAKs as well!

### Day 3 Extension

Do Nothing: Be kind to yourselves by taking time to relax. Just listen for 2 min. w/o your phone! [LINK](#)



### Day 3- Wall of Kindness Invitations

Students can inspire others in the school to participate in the Wall of Kindness by inviting others and explaining the activity. This can be done by attending other classrooms, during morning meetings, over the loudspeaker, or in class chats. Let the students come up with ways to inspire others!

### Day 4 Extension

RAK Share: Have students share 1 RAK they've done AT HOME this week.



### Day 4- Wall of Kindness cont.

Ask students for some examples of RAKs they have added to the wall this week. Which RAK did you enjoy the most? Did you receive any RAKs yet? Remind the students to continue to be on the lookout for ways to spread kindness. When we look for opportunities, we find opportunities!

### Day 5 Extension

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



### Day 5- RAK Discussion

As a class, go back to your Wall of Kindness and read aloud all the notes. What surprised you? Which acts did you personally observe or even receive? How did it feel to come to the wall and add your own RAK? How did it feel to see others helping each other and adding to our wall as well?