

Random Acts of Kindness Spinner

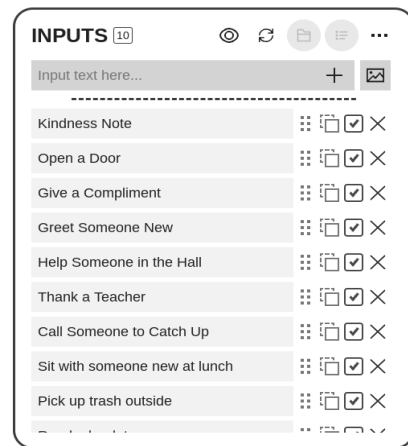
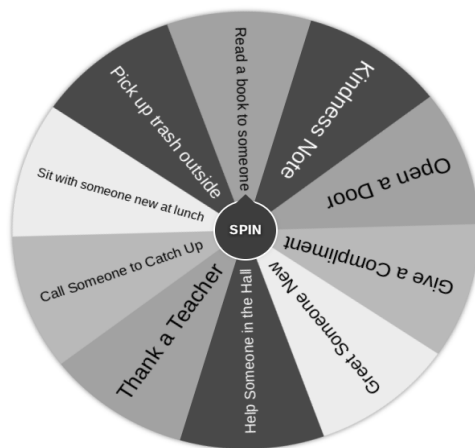
Welcome to RAK Week! RAK stands for Random Acts of Kindness. Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* **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: The RAK Spinner (can be online [HERE](#)) or on paper (see template below)

Spinner Guide

CREATE YOUR RAK SPINNER Explain RAK week and how the class will complete a different Random Act of Kindness (RAK) each day to spread kindness beyond our classroom. As a class, brainstorm RAKs that can be completed easily and with little or no supplies. Create your spinner online- [LINK HERE](#) or on paper (see below). The following is a sample spinner already populated with simple RAKs:

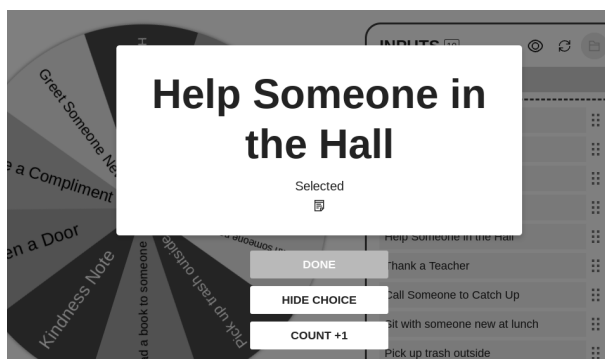
1



SPIN DAILY

2

Spin the RAK Wheel every day for the entire week! Once the selection appears, click on HIDE so the option doesn't show up again. In addition, discuss ways to complete the RAK, including how to be kind; making sure to use manners, kind words and gestures, etc. Have fun and start spinning!



RAK SPINNER TEMPLATE

Directions: Write a Random Act of Kindness in each space. Spin with a paperclip to select your daily RAK. Make sure to color in each RAK as you go so you get a different RAK each day!

