

Random Act of Kindness



What is a Random Act of Kindness?

It's hard to be specific, but when you are at the receiving end of a RAOK it makes your day. It's when someone does something unexpected, thoughtful or helpful – something that's not selfish.

National Best Friends Day on 4 July is the perfect time to try out some RAOKs with your friends. Maybe you could do something lovely for one of your BFs, or maybe you could do something kind for someone else together. It's all about spreading the message of friendship and trying to help people who need it.

You can plan your RAOK in advance or just be spontaneous and help someone out of the blue. You'll feel great for doing it and your recipient will love it – everyone will get a warm fuzzy feeling!

You can even try an environmentally friendly random act of kindness, like removing a plastic bag from a pond so the wildlife in the area won't become entangled in it or picking up a drinks can and recycling it.

Copy cool Sam Taylor from Gingersnaps and try a random act of kindness everyday. Here are a few to start you off . . .

- Wash up without being asked
- Hug a friend!
- Talk to someone who's feeling lonely or left out
- Compliment a classmate on his/her appearance
- Send a card to your BF for no reason at all
- Give a slice of pizza to the delivery man
- If you get some small change from a shop, put it in their charity box
- Carry shopping for an elderly neighbour
- Play with your little bruv/sister – it's fun!
- Make your own little notepads from scrap paper and give them to people
- Give up your seat on the bus for someone else
- Bake cupcakes or cookies and give them to someone as a treat
- Send a book anonymously to a friend that they might like
- SMILE – it's free, and it makes everyone feel good. Especially you!



Use this space to draw or write about a

Random Act of Kindness

that you have done recently, or one that you think you might do to show someone that you care.

And don't forget if you take a photo of your **RAOK**, then send it in to **cathycassidy.com** and we'll put the best ones online!

A large dashed rectangular box intended for drawing or writing about a Random Act of Kindness.

You may photocopy this sheet.



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