Figure out a friend’s half birthday & surprise them with a treat on that day.

Read inspirational kindness quotes on our website for a pick-me-up.

Hold the door open for a group of people.

Invite someone new to sit with you during lunch.

Make a homemade card to send to a friend on the other side of the world.

Tell a friend all the things you love about their family.

Leave a pack of baby wipes at a random changing station.

Start a fundraiser online or at your school.

Make a Valentines card for everyone in your class / office.

Write inspiring notes to leave on random cars in a parking lot.

Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people.

Buy a new toy for your pet or a pet you know.

Share your notes or study guide with a classmate that’s been out sick.

Carry around packets of hand warmers to give to people in need.

You have 24 hours: perform as many acts of kindness as you can!

Randomly give a lottery ticket to a stranger.

Acknowledge someone when they walk into the room.

Buy a new toy for your pet or a pet you know.

Share your notes or study guide with a classmate that’s been out sick.

Carry around packets of hand warmers to give to people in need.

Publicly bring attention to the accomplishments of someone that deserves more recognition.

Follow @rakfoundation on Instagram to add kindness to your social feed.

Random Acts of Kindness