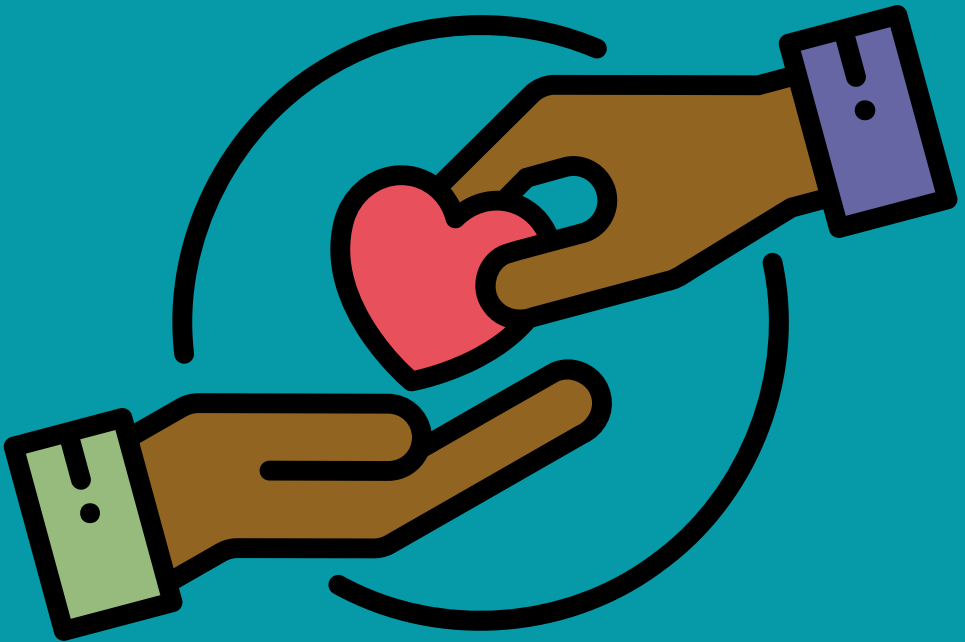


# Random Acts of Kindness

## INSPIRATION BOOKLET

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Ideas, activities, and ways to be kind  
and reflect on the kindness around you



Join ACT on February 17 to celebrate



# Random Acts of Kindness Day

The work to create a kinder world for Alaska's children and youth never ends. Every day, we see Alaskans doing kind things for one another and organizations creating meaningful change for families. **The amazing news is that there is no limit to the amount of kindness we can give to the world and to each other!**

This year the team at ACT is committed to elevating kindness for Random Acts of Kindness Day on February 17. We've compiled ideas, activities, and suggestions for you and your family in honor of this special day. Don't limit yourself just to February 17, use these ideas to join us in making kindness the norm in Alaska!



Erin shoveled the huge snow berm in her neighbor's driveway to help them out!



Eliza, an Alaska Fellow, helped host a welcome potluck for the new Alaska Fellows Executive Director, Tina.



Anna's kids, Nolan and Brooks, brought donuts to their early education teachers to say thank you!

With kindness,

*Alaska Children's Trust Team*

# Create a Kindness Jar

With your family, brainstorm simple ways to show kindness to those around you. Write your ideas on pieces of paper and put them in a jar. Every day (or week) pick out one slip of paper and carry out the act of kindness!

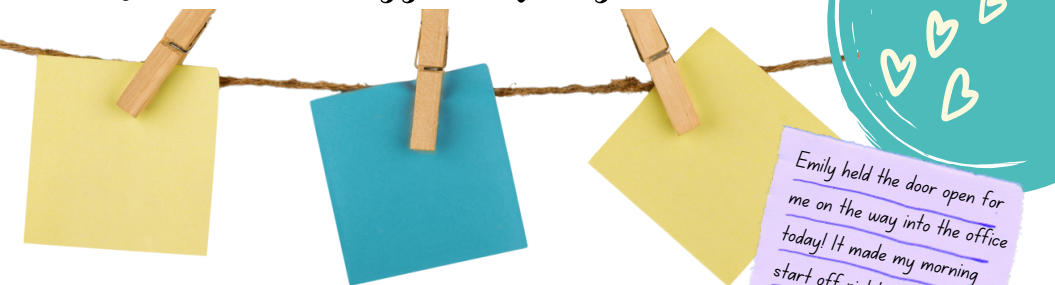
Example acts of kindness:

- Call a relative or friend you haven't spoken to in a while
- Pick up trash in your neighborhood
- Write a thank-you letter
- Start a conversation with someone at work or school who you don't normally talk to

If you can't make a physical kindness jar, consider downloading the BeKind app to receive a daily act of kindness idea and build a kindness habit: [www.bekind.app/](http://www.bekind.app/)



# Write Kindness Cards



Every day, write down one way that someone showed you kindness on an index card. It could even be something kind you did for yourself! Collect the index cards in a box. At the end of the week, read your cards and brainstorm ways you can pay all this kindness forward.

This can also be done as a "kindness tree" where kids write acts of kindness on paper leaves and add them to a paper cut-out of tree. As kids think of more acts of kindness, the tree gets more and more leaves!

Emily held the door open for me on the way into the office today! It made my morning start off right

My brother shared his Skittles with me without me even asking. I couldn't BELIEVE it!

Got home from work today and my husband had shoveled the entire walkway. It was so sweet of him.

# Some Good News

Especially during the COVID-19 pandemic, it can feel like there's an avalanche of bad news every day. Show yourself some kindness and remember the positives by reading The Week's collection of good news articles: [theweek.com/good-news](http://theweek.com/good-news). Or, read some stories of kindness collected by UNESCO: [www.mgiep.unesco.org/kindness-stories](http://www.mgiep.unesco.org/kindness-stories). You can also submit your own kindness story!



“ I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. ”

Maya Angelou



Design your own

## Kindness Calendar











Designing your own kindness calendar as a family can be a great (and fun!) way to look forward to acts of kindness, challenge each other to practice kindness, and bond!



Create your own kindness calendar on the next page together by picking a start date, adding important dates and holidays, and filling in the extra spaces left blank for creative kind ideas of your own! Then, hang the calendar in a place you see every day- like on your refrigerator- and check in with your family to hear how each of you completed the kindness task of the day.

(write your name)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Be extra kind to yourself - do a self care activity	Offer to shovel or salt a neighbor's sidewalk 	Send someone you haven't been in touch with in awhile a nice text 	Celebrate Black History Month- find ideas on ACT's Facebook page!	Bake yummy goodies for someone 	Make dinner as a family 	Draw a picture or write a letter for someone 
Give someone you love an 8 second hug! 	Donate toys or books you're ready to part with 	Write a gratitude list 		Write down something you're grateful for	Listen to a song you love and think about what it means to you	Call or video chat with an older relative

February is Black History Month

February 16- Elizabeth Peratrovich Day

Feb 17- Random Acts of Kindness Day

Feb 18- National Caregivers Day

March 1- Pay a compliment day

March 17- Absolutely Incredible Kid Day



# Self Care Plan



Being kind doesn't just mean being kind to others- at Alaska Children's Trust we know that the only way to be the best parents, educators, and community members we can be is to take care of ourselves first. Being kind to yourself is a radical act of self love, and it's exactly what so many of us need right now. Check out the 3 types of self-care listed below and circle the ones that you've done in the past week. Then, put a heart next to the ones you want to do this week! Plus, fill in your own ideas at the bottom.

## Physical self care



## Emotional self care



## Mental self care

- go for a walk
- dance
- hike
- ski
- give a hug
- play with a pet
- clean and reorganize your room or office

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- journal your feelings
- meditate
- practice yoga
- talk with a friend
- create a fun playlist
- listen to a song
- write down 10 things you're thankful for

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- read a book
- learn a new skill
- do a DIY project
- color
- turn your phone off
- take a hot shower/ bath
- eat dinner with loved ones

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“ My biggest self-care activity lately is finding time to laugh. Sometimes that means taking a break to watch funny TikTok videos or having an audible Comedy special on in the background of the many tasks that come with being a Mom. Laughter makes me de-stress and builds up my resilience on tough days when I really need it. I think the saying goes "it takes fewer muscles to smile than to frown!"



New Mom & ACT Community Advocate Naya Indira



# i ♥ Afterschool

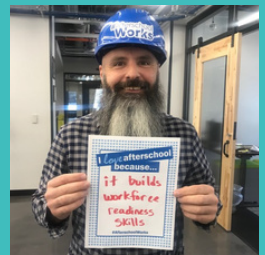


The past few years have been difficult for kids to find ways to bond in-person, and with schools turning to remote learning, parents have also struggled to find safe places for their kids. But then an unsung hero stepped in! Afterschool programs went to new lengths to provide safe spaces and activities for kids.

At ACT, we LOVE afterschool! In fact, we ♥ it so much that the Alaska Afterschool Network is one of our programs! There are millions of reasons to love afterschool- the programs keep kids safe, inspire learning, and help working families. This Random Acts of Kindness Day, will you join us in spreading the word on why you ♥ afterschool?

1. Fill out the inserted #IHeartAfterschool page about your time in afterschool or fill it out with a child you know- coloring and drawings are encouraged, too!
2. Snap a photo of the finished product or, better yet, a selfie of you and your message.
3. Upload it to your favorite social media sites with the hashtag #iheartafterschool and tag @akafterschool, or simply share a photo or message of your own using the hashtag.

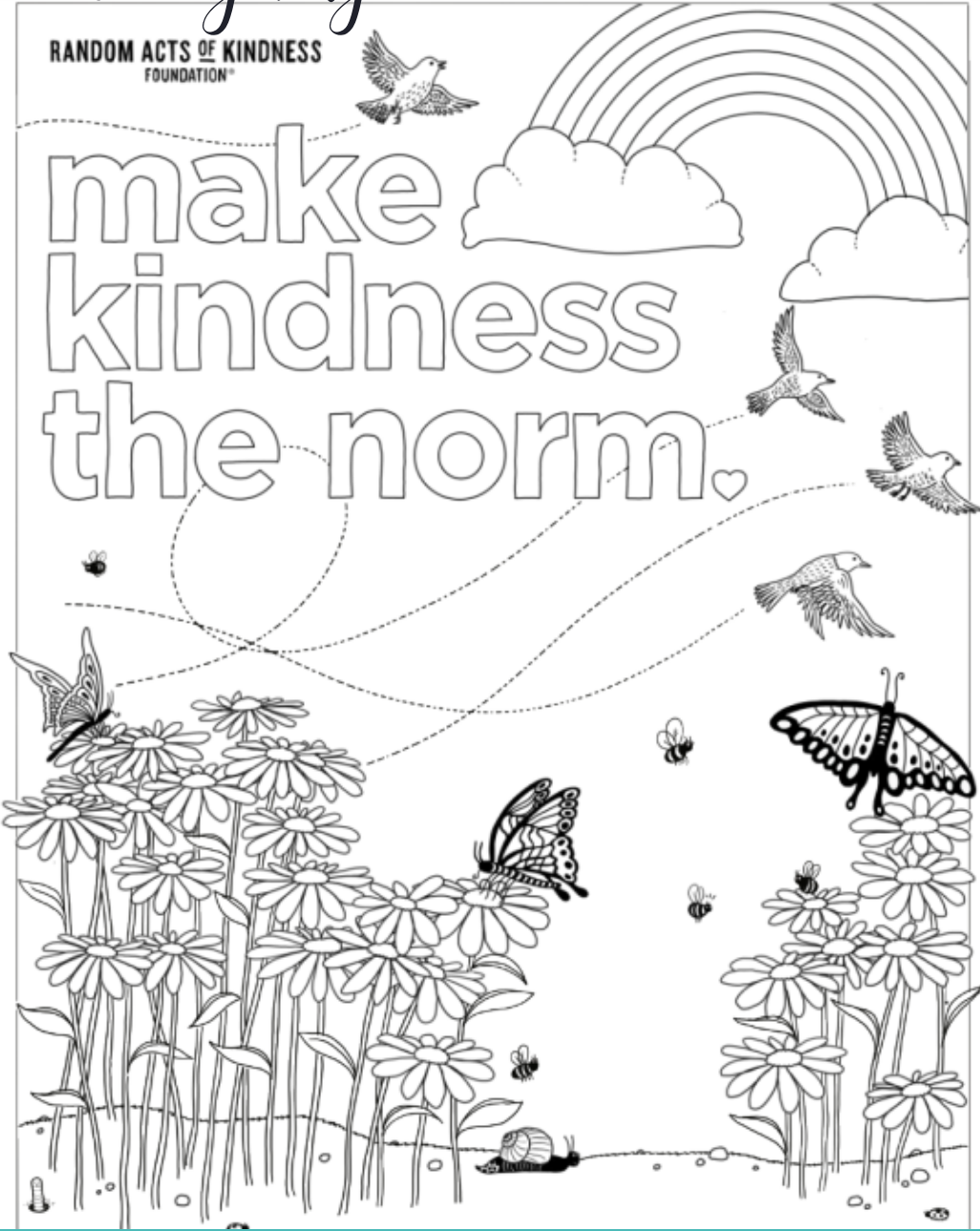
And you're done! Follow the hashtag and see how other kids, adults, and afterschool programs are showing their love. Plus, check out photos of Alaska Children's Trust staff showing their love for afterschool on our Facebook or Instagram!



# Coloring Page

RANDOM ACTS OF KINDNESS  
FOUNDATION™

make  
kindness  
the norm.♥



alaska children's trust

Connect & Learn More

[www.alaskachildrenstrust.org](http://www.alaskachildrenstrust.org)

Tools for Strengthening your family:

[alaskachildrenstrust.org/strengthening-families](http://alaskachildrenstrust.org/strengthening-families)

