



National Random Acts of Kindness Week

February 14-20, 2021

During RAK Week, be kind to yourself as well! Access your free and confidential mental health benefits, legal consultations, financial services and work/life referrals.

Random Acts of Kindness (RAK) Week is celebrated worldwide to encourage acts of kindness. Claremont encourages you to do the following activities each day as suggested by randomactsofkindness.org:

SUNDAY, FEBRUARY 14

Kindness Jar



Start with an empty jar & decorate it however you'd like. Every time you witness

an act of kindness, write it down and place the memory in the jar. Collect memories, observations and unexpected surprises of kindness throughout the week.

On the last day of kindness week, Saturday, February 20, 2021, empty the jar and reflect back on the kindness you experienced, witnessed, or perhaps performed yourself.

Keep the jar going and continue to Explore the Good throughout 2021 and help Make Kindness the Norm.

MONDAY, FEBRUARY 15

Love note

Find your favorite pen and two nice pieces of paper.



Write a letter to someone who has changed your life for the better. Tell

them how they have helped you. Then send it.

Next, write a letter to yourself. Describe all your strengths, skills, values, behaviors and actions that have gotten you to where you are. Seal it in an envelope and put it somewhere that you'll find later when you really need to hear those words.

TUESDAY, FEBRUARY 16

Blessing bags



If you feel COVID-safe, gather items to create a blessing bag for a temporarily displaced resident. Once complete, deliver it to a person who could use a lift me up, maintaining 6-foot distance.

Items to include: Socks, to go wet wipes, travel size tissue, chapstick, face mask(s), travel toothbrush & toothpaste, pads/tampons, small first aid kit, hat, gloves, protein bars, instant oatmeal packets, ready-to-eat cans w/ tab open lids, cash (trust your gut). Place items in a large plastic gallon bag that zips closed or find a plastic water bottle to put items in.

WEDNESDAY, FEBRUARY 17

Kindness worksheet



Download this worksheet and list five day-to-day activities you do. Then, next to each activity, write a way you can do the same activity, but with an added element of kindness.

For example, "Floss & brush teeth" might transform into "Think of five things I'm grateful for while flossing and brushing." This is an excellent exercise to think of ways to incorporate kindness (for others and yourself) into your daily routine.

THURSDAY, FEBRUARY 18

Care for three



Visit www.careforthree.com

and follow the instructions for creating three notes with a short personalized message. Decorate and personalize anyway you want.

Put your notes out into the world for friends, family or strangers to receive. Let's remind someone that they are not alone and we are in this together!

FRIDAY, FEBRUARY 19

\$5 Dollar Difference

Take \$5 dollars (even a \$1 dollar will work) and within the next 24 hours make



a difference with one or five dollars.

SATURDAY, FEBRUARY 20

Reflection



One of the last steps in that framework is to reflect on how kind acts affect others and yourself.

Thinking back to those good thoughts and feelings you experienced this week can lead to including kindness more in our daily lives.



Call toll-free
800-834-3773
claremonteap.com

#ExploreTheGood
#MakeKindnessTheNorm
#RandomActsofKindnessDay

Visit
randomactsofkindness.org
for more information