

# February Vestnik Project • Random Acts of Kindness

This project earns a maximum 1 point in the SPJST Youth Clubs Merit Points System. Mail completed project no later than March 15, 2017 to:  
SPJST Youth Program c/o SPJST Home Office • P.O. Box 100 • Temple, Texas 76503

Name \_\_\_\_\_ Age \_\_\_\_\_ Lodge \_\_\_\_\_

## It Starts with One

Kindness really does start with one—one person, one act, one place, one city, and one movement with one goal in mind: To make our world a kinder place one act at a time. And, every single one of us can play a part in this mission.

Compassionate giving and benevolence are key part of SPJST, and not only great for the recipient, but the giver as well. The goal is to become more mindful about doing acts of kindness and aware of feelings of gratitude when experiencing pleasant activities.

## Random Acts of Kindness Week

The second full week in February marks the beginning of Random Acts of Kindness Week. This special week was the idea of The Random Acts Of Kindness Foundation (RAK) which was established in 1995 and is an internationally recognized nonprofit based in Denver, Colorado. RAK consist of a small team of people dedicated to inspiring everyone to practice and spread kindness in their own lives. The non-profit has a website that offers free training materials for schools and youth groups (<https://www.randomactsofkindness.org>).

You can participate any way you want - all you have to do is something nice for someone else. It can be as easy as holding a door open or lending someone a dollar for a cup of coffee.

Here are some ideas for you to celebrate RAK Week:

- \* Compliment a stranger
- \* Take baked goods to a fire or police station
- \* Let someone cut in front of you
- \* Call your loved ones and tell them you love them
- \* Walk the cart back to the store
- \* Send a thank you letter to a member of the military
- \* Smile at everyone you see
- \* Collect food for a food bank
- \* Post inspiring signs around town
- \* Take your neighbors trash out

This years RAK Week is February 12 - 18. Be sure and share your acts of kindness by posting to social media with #SPJSTRAKWeek2017. Sharing encourages reflection and helps bring meaning to our actions. When kindness is expressed, healthy relationships are created, community connections are nourished, and people are inspired to pass kindness on.

## Now It's Your Turn

In the space provided below write down some ideas you may have to celebrate RAK week in your community.

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