

5. Random acts of kindness

No act of kindness, however small, is ever wasted

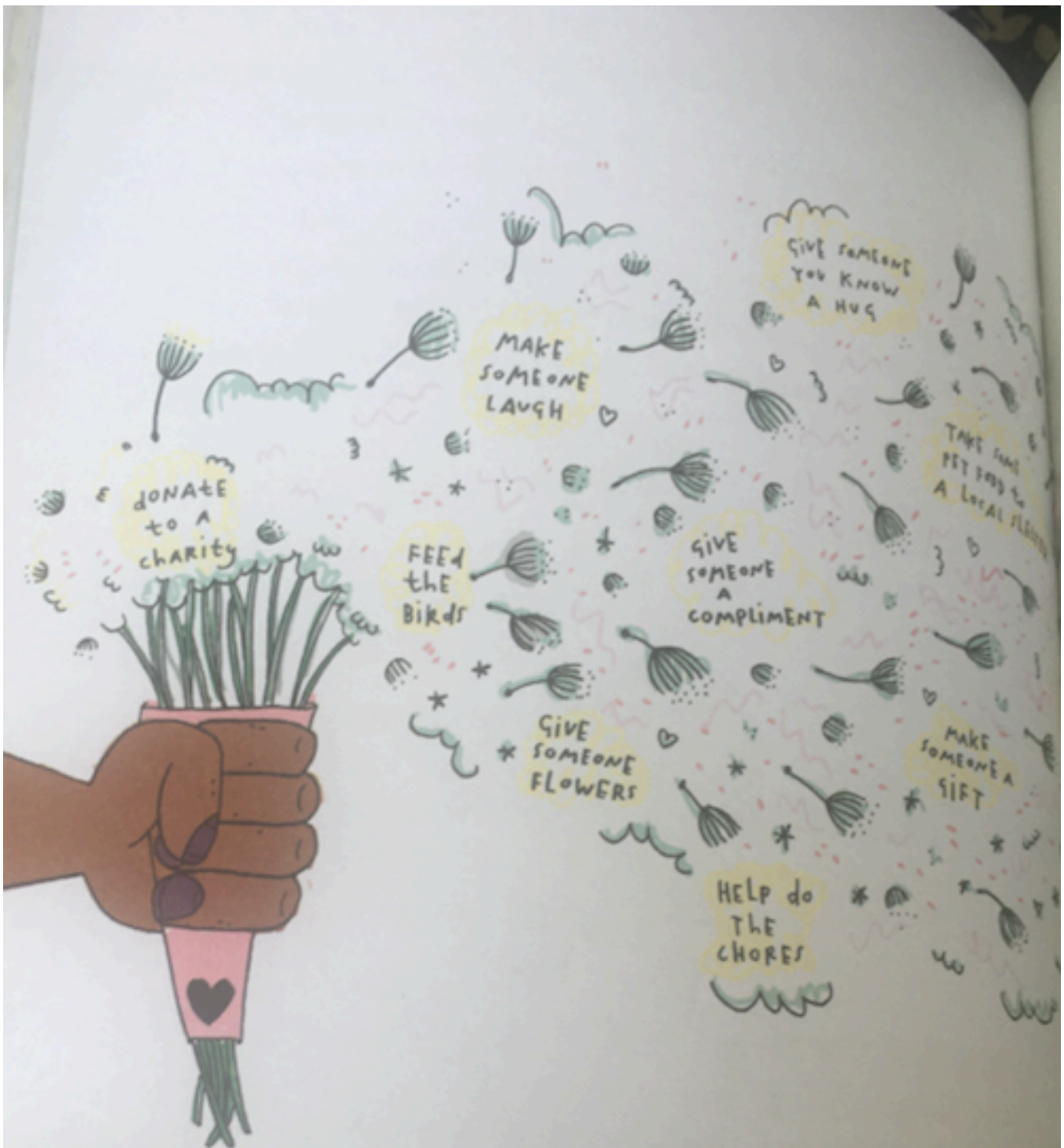
- Aesop (Greek fabulist and storyteller)

A random act of kindness is basically an act of kindness done for no particular reason or reward. You can do these for people you do or don't know.



Activity: Be kind

On the next page there are lots of lovely ideas for random acts of kindness. Simply spin a penny on that page every once in a while and follow the instructions for the RAOK you land on until you have done them all. Colour each one as you go so that you can remember which ones you have done.



DONATE
to A
CHARITY

MAKE
SOMEONE
LAUGH

FEED
THE
BIRDS

GIVE
SOMEONE
FLOWERS

GIVE
SOMEONE
A
COMPLIMENT

GIVE SOMEONE
YOU KNOW
A HUG

TAKE your
PET TO A
LOCAL SHELTER

MAKE
SOMEONE A
GIFT

HELP do
THE
CHORES

So how did it go?

How did it feel to be so kind? Were you awkward/embarrassed/happy? What response did you get?

How it works

The Random Acts of Kindness Foundation has discovered that carrying out random kind acts will:

- Reduce depression: Thinking about helping other people stops us worrying about ourselves
- Reduce pain: Helping releases endorphins, which are natural painkillers
- Reduce isolation: Helping others encourages human contact
- Reduce blood pressure
- Reduce anxiety: Good actions can lift mood and decrease social avoidance
- Reduce stress: Kind people have twenty-three percent less cortisol (the stress hormone) and age more slowly

Wow, it's SO good for you to make other people happy!

Create your own happy...

...by being kind whenever possible and constantly thinking up new and imaginative ways to do this.