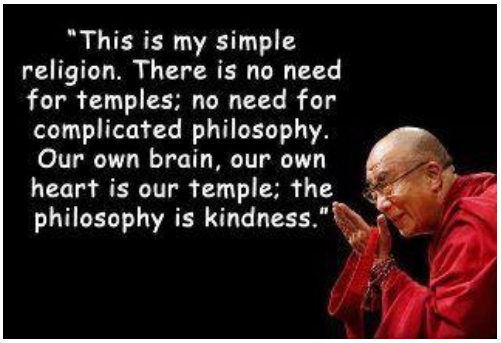
Random Acts of Kindness: I WILL BE CHECKING THROUGHOUT THE WEEK TO MAKE SURE YOU ARE COMPLETING YOUR DAILY RAOKs.



This assignment will be worth 30 points if completed.
Directions:
For 1 week of school (5 days), perform as many random acts of kindness towards people outside your circle of friends. You must document *at least* 5 acts of kindness a day. Make a concerted effort to do more, 5 is only a minimum.
Examples: Holding a door for someone, talking to someone who is being ignored, letting a car in front of you on the road, helping someone carry something, letting someone cut you in line, etc. **You DO NOT have to do this all at Leto; in fact, you might get more of a reaction from people outside of Leto.**

- Below, document a minimum of 5 acts each day. Also, rate your happiness (see scale below) at the beginning and end of each day. YOU NEED TO BE RECORDING THESE ACTS AND YOUR HAPPINESS LEVELS ON A DAILY BASIS OR YOU WILL FORGET AND YOUR RESULTS WILL BE INCONCLUSIVE/MADE UP!!! Please provide as much description as possible with your documentation-(not just "held door").
- When finished, provide a one paragraph reflection explaining how you felt as you did this, how people reacted (both those you knew and those you did not know), and whether doing this affected your happiness.

Happiness Scale 1-7
1= Horrible Mood (your dog died)
2= Unhappy (Friend insulted you today)
3= Moderately Unhappy (Got mud on your pants as soon as you got out of the car this morning)
4= OK (Average)
5=Moderately Happy (No homework today)
6= Happy (Notified of small scholarship)
7= Beaming with Happiness (Spring Break plans finalized, you are going somewhere warm with friends for free!!!)

Day 1 (date): _____
Start of Day Happiness Rating:_____ End of Day Happiness Rating: _____
Acts of Kindness today:

1._____

2._____

3._____

4._____

5._____

Day 2 (date): _____
Start of Day Happiness Rating:_____ End of Day Happiness Rating: _____
Acts of Kindness today:

1._____

2._____

3._____

4._____

5._____

Day 3 (date): _____
Start of Day Happiness Rating:_____ End of Day Happiness Rating: _____

Acts of Kindness today:

1._____

2._____

3._____

4._____

5._____

Day 4 (date): _____
Start of Day Happiness Rating:_____ End of Day Happiness Rating: _____
Acts of Kindness today:

1._____

2._____

3._____

4._____

5._____

Day 5 (date): _____
Start of Day Happiness Rating:_____ End of Day Happiness Rating: _____
Acts of Kindness today:

1._____

2._____

3._____

4._____

5._____

Kindness and
compassion toward all
living things is the mark
of a civilized society

Cesar Chavez

Write Reflection Paragraph below: