

# Random Acts of Kindness

Starts February 14th



**START**

SMILE AT  
LEAST 3  
PEOPLE

HOLD THE  
DOOR FOR  
SOMEONE

CHECK  
IN ON A  
FRIEND

SAY HI TO  
SOMEONE  
NEW

MAKE  
SOMEONE  
LAUGH

GIVE A SINCERE  
COMPLIMENT

OFFER  
TO HELP

ASK SOMEONE  
ABOUT THEIR  
DAY

WRITE A  
GOOD REVIEW  
ONLINE

TELL SOMEONE  
THANK YOU

LISTEN  
TO  
OTHERS  
IDEAS

WAVE AT 2  
PEOPLE

PRACTICE  
BEING KIND TO  
YOURSELF

DO A  
KIND  
DEED

MAKE  
SOMEONE  
SMILE

PRACTICE  
GRATITUDE

WRITE A  
KIND  
NOTE

**FINISH**

## Who's Ready to Play a Kindness Game?

**RULES:** The rules are simple. Beginning on start complete the act of kindness on each square on the game board until you reach the finish line! The game begins on Monday, February 14th and ends on Sunday, February 20th.

**WHO CAN PLAY:** Any Rapp resident or employee, ages 18 and older (*we will be doing other kindness activities in the schools*).

**PRIZE DRAWING:** If you reach the finish line by Sunday evening, email [hjenkins@rappahannockschoools.us](mailto:hjenkins@rappahannockschoools.us) by **Monday, February 21<sup>st</sup>**. You will be entered into our prize drawing. *Please note- unlike our other challenges, you must complete all activities to reach the finish line.*

**PRIZE:** One lucky winner will receive a prize basket filled with kindness-related goodies valued at \$100! The prize items include a Cup of Happy travel cup, candle, LOVE appetizer dishes, Spread Kindness ceramic sign, heart canister and mug set, a super soft throw, a \$15 Starbucks gift card, and basket.



 **commit to be fit**