



Overview of the activity

A Random Act of kindness (RAOK) is a spontaneous, selfless gesture for someone else, often a stranger, without expecting anything in return. These acts can be simple, like holding a door open or buying a stranger a coffee and are intended to spread positivity and joy. This RAOK activity is designed to help you practice an attitude of gratitude and create positive emotions.



Why do this?

Random Acts of Kindness release feel-good hormones like serotonin and endorphins, which boost our mood and reduce stress. They also increase feelings of connection and purpose, improve emotional regulation, and can lead to physical benefits like lower blood pressure and improved heart health.

Instructions

- Print out the gratitude cards below and give one to 5 different people, they can be someone you know well or even someone you don't know who you think deserves appreciation. If you can do all 5 in the same day, it will have a bigger impact on you!
- When you give the cards tell the recipient why you are giving it to them e.g. "you have a beautiful smile, it's made my day"
- Reflect - what was the recipient's reaction, how do you think they felt? What did you feel when you did this?





**Thank
you**

pass it on...



**You are an
amazing
person**

pass it on...



**You made
my day!**

pass it on...



**Thank
you**

pass it on...



**You are an
amazing
person**

pass it on...



**You made
my day!**

pass it on...