

# Food Drive

**Welcome to RAK Week! RAK stands for Random Acts of Kindness.** Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* **Each day should take you about 15-20 minutes (excluding prep/clean up.).** You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

**Materials:** Paper, basic art supplies, cardboard boxes (for collecting donations)

## Daily Lessons

### Day 1 Extension

2 min Video:

The Science of Kindness

[Video Link](#)



### Day 1- Explore- What are Random Acts of Kindness

Explain RAK week and how the class will conduct a community food drive to spread kindness beyond our classroom. As a class, explore the meaning of kindness and who in your world has been kind to you in a big way. Discuss how the smallest act of kindness can really change your whole day. Food scarcity is real- no one should go home tonight and worry about what they might eat. Our food drive can help with that! Make sure to contact a local church or food bank for more details on how to give what is collected.

### Day 2 Extension

Most Wanted List:

Have students create a most wanted list of foods the food bank really needs. Post on social media!



### Day 2- Food Drive Advertising

Get the word out! Create posters for the hallway, announce the food drive during morning meetings, post on the school website and social media channels; make sure to use every avenue possible. Invite students to use their own social media as well if desired. Decide on a hashtag to help spread the word. Include WHERE to donate (boxes outside classrooms or in office), WHAT is needed (ask food bank for a list) and your COLLECTION DEADLINE.

### Day 3 Extension

Online Scoreboard:

Track each grade's progress here! [LINK](#)



### Day 3- Start Collecting!

Place labeled cardboard boxes outside of classrooms, in the school entrance, in the office, and in the cafeteria. Have students share information about the food drive in other homerooms and over the loudspeaker. As a class, set a goal based on the amount of time you have to collect items.

### Day 4 Extension

Do Nothing: Be kind to yourselves by taking time to relax. Find a spot and just listen for 2 min. [LINK](#)



### Day 4- Collect and Sort

Gather items from all donation boxes. Begin to sort the items by genre (meat/protein, box meals, toiletries, etc.). And if you are tallying by grade, update the scoreboard. If time allows, announce updated numbers and ask for additional donations in certain areas that may be lagging.

### Day 5 Extension

Journal Entry: How have you shown kindness to yourself this week?



### Day 5- Collect, Sort, and Deliver!

Gather items from all donation boxes and sort them one last time. Update your numbers and announce totals. Deliver your donations (or load the delivery truck from the food bank, etc.) to complete your RAK week! If time allows, reflect on how it felt to collect food for others.