

Stick with Kindness Sticky Notes!

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: Sticky notes (need enough to create words/images with them), markers

Daily Lessons

Day 1 Extension

Read Aloud:

Have You Filled A Bucket Today? By Carol McCloud

[Read Aloud Link](#)



Day 1- Brainstorm- Sticky Note Mural or Message Ideas

Explain RAK week and how the class will create Positive Sticky Note Murals and Messages to spread kindness beyond the classroom. As a class explore ideas from a mural perspective (using grids, like this: [Example](#)) or a simple picture frame made out of positive sticky notes on the doors of each classroom!

Day 2 Extension

Kindness Heads Up:

Write a kind act on each sticky note. Have students pick one blindly and put it on their head. Others act it out and they must guess it!



Day 2- Sticky Note Mapping- Grids

Narrow down your ideas to 3-5 designs. Break into small groups and use grid paper to map out each design so you know exactly how many sticky notes (and what colors!) you will need. Use grid paper (like this one: [Example](#)) and create the design. Each square represents one sticky note. Color code them as well so you can see the design clearly on your grid. Ideas- A picture, A shape (heart, smiley face), A message spelled out using the sticky notes, etc.

Day 3 Extension

Plotting Practice

Have students practice plotting on a graph to create an image: [Game Link](#)



Day 3- Write Your Notes!

Today is writing day! Count the number of sticky notes needed for each group's design. Have students write positive affirmations on every note that is included in their design. Then gather the notes back for use on Day 5. Make sure to keep the notes separated by design!

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- Practice Run

Divide the class into their design groups and have them practice creating their sticky note design using blank notes. Encourage them to reference the grid they mapped out to help them. Do several dry runs if time allows!

Day 5 Extension

Journal Entry- Write or Draw about your RAK week. What did you like best?



Day 5- Place Your Designs!

Today is the day to get out of the classroom and set up your designs! These can be in the bathrooms, on the walls of the hallway, on other classroom doors. Make sure you decide on this before today though! You want the designs to be placed quickly and efficiently. The surprise is half the fun!