

Thank You Cards

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: Cardstock, basic art supplies, envelopes, postage (optional)

Daily Lessons

Day 1 Extension

[6 min Video:](#)
 The Kindness
 Boomerang
[Video Link](#)



Day 1- Explore- Who has shown you kindness?

Explain RAK week and how the class will create thank you cards 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. This could be a family member, friend, teacher, food worker...anyone you interact with in your community. Make sure to encourage students to think of genuine acts of kindness. Dig deep and really take time to reflect on a kind action that affected you. The video in the extension gives some ideas if needed. Also, be sure to have a personal example to share with your class.

Day 2 Extension

[Kindness starts with:](#)
 Write out the word
 KINDNESS. As a
 class, come up with
 kind acts that start
 with each letter.



Day 2- Thank You Card Brainstorm

Have each student choose one person to personally thank. Emphasize that the focus is on a kind act or word the person has given them recently. Reference back to the discussion from yesterday. Examples- "The grocery clerk always greets me with a smile and makes me feel seen." Students should begin to write out the content within their thank you card.

Day 3 Extension

[Online Card Design](#)
 Need/Want to deliver
 electronic thank you
 cards? [Design Link](#)



Day 3- Thank You Card Design Pt 1

Today is design day! Give each student cardstock and art supplies to create their thank you card. Remind students to take pride in their work. The goal is to genuinely thank someone. If you rush and don't put effort into it, the meaning of your words will be lost.

Day 4 Extension

[RAK Share:](#) Have
 students pair up and
 share one RAK
 they've done this
 week!



Day 4- Thank You Card Design Pt 2

Finish up your thank you cards. Make sure names are spelled correctly and addresses are correct if cards are being mailed. If time allows, read thank you cards aloud anonymously. You can also ask for volunteers if desired.

Day 5 Extension

[Journal Entry:](#) How
 were you kind to
 yourself this week?



Day 5- Send Your Cards!

Today is the day to get out of the classroom and deliver those cards! You can deliver them in person, drop them off anonymously, or even mail them out. Decide ahead of time for each student based on who they chose.