



2019/2020 Initiative

RAK (Random Acts of Kindness) Challenge



CYT Mission:

Develop community-wide strategic plans that will be used to increase awareness, stimulate discussion, and facilitate action to improve the health and well-being of children, youth and families.

The CYT has selected a "Be Kind" Campaign or 30 days of Kindness. This campaign will consist of the following components:

- **Kick-off at City Hall with Mayor & City Council Proclamation of "Be Kind" Month in Naperville (Spring of 2020)**
- **The CYT is comprised of 35 non for profits agencies and organizations through DuPage & Will Counties in Illinois (Western Suburbs of Chicago)**
- **This campaign will be distributed throughout the 35 CYT members organizations, schools and faith base communities**
- **The campaign will include various community leaders including but not limited to Mayor, Superintendents of School Districts, Police & Fire Chiefs, Faith based leaders, etc. being filmed for a 1-minute video showing /demonstrating Random Acts of Kindness and then challenging other community residents and students to take the RAK Challenge.**
- **Our goal is for all residents' young or old to take the challenge.**
- **The campaign will conclude with subject matter expert such as Author, Psychologist, or Educator to hold a public forum on the topic of Kindness and Empathy.**

The Collaborative Youth Team of Illinois
Random Acts of Kindness Challenge (#RAKChallenge)
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About

The Random Acts of Kindness Challenge (**#RAKChallenge**) is a proactive and positive initiative—brought to you by the Collaborative Youth Team of Illinois—that is for the community. It focuses on random acts of kindness and bullying prevention to help change the climate of our community and increase the engagement of youth in acts of kindness.

The **#RAKChallenge** is one month devoted to performing as many acts of kindness as possible within the community, sharing those acts, and challenging others to join the **#RAKChallenge**.

Using the provided suggestions in this kit, individuals and organizations can accept the challenge and show the community and even the world that kindness is a simple act that has a long-lasting effect.

Where

Everywhere, in schools, organizations, in your community and in your home.

How

It's easy! Simply participate in an act of kindness, take a video or photo of the act and share it online with the tag **#RAKChallenge**.

Video Must Contain 3 elements:

1. Doing or Performing a Random Act of Kindness
2. Challenge an Individual or Organization to take the RAK Challenge
3. In your closing statement “ Because Kindness Matters”

Who

All Community Organizations, students, grades PreK-12, teachers, parents, families and individuals.

When

March 2020 planning committee will revolve date around when R.J. Palajio is available

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Examples of Random Acts of Kindness

- Invite a new friend to play or co-worker to lunch
- Smile at 25 people
- Make a wish for a child in another country
- Give your friend a high five
- Compliment 5 people
- Be kind to yourself and eat a healthy snack
- Lend a pencil or something to a friend or co-worker
- Create your own kind deed
- Help someone up if they fall down
- Decorate 5 hearts and give them to friends
- Entertain someone with a happy dance
- Create your own kind deed
- Thank someone who has helped you

The Spirit of Kindness in Schools or Organizations

Develop a theme for certain days of the month by having your school or organization's members or staff dress to celebrate kindness. Examples include:

- Crazy for Kindness: Wear crazy hair.
- Kindness Rocks! Dress like a rock star
- Team Kindness: Wear your favorite sports uniform
- Ride the Kindness Wave: Wear beach/surf attire
- Global Kindness Day: Dress up in international costumes
- Powered by Kindness: Dress as your favorite Superhero
- Dream of Kindness: Pajama day
- Wild About Kindness: Dress up like favorite animal
- Peace, Love & Kindness Day: Hippie Attire
- Bee Kind Day: Dress as a bee or a favorite bug
- Round-Up the Kindness: Western attire
- Never Too Old for Kindness: Dress as a senior citizen

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