



## RAK Week for Individuals

*There are many ways to participate in MIT's Random Acts of Kindness Week (March 9-13). Check out the list below and consider how you might practice kindness towards others and yourself.*

- Write **notes of encouragement** to friends and colleagues.
- Bake cookies for your department, lab, or center.
- Bring in donuts for your office.
- Volunteer** in your community.
- Buy coffee for a friend or stranger.
- Give a stranger a **compliment**.
- Send flowers to someone unexpectedly.
- Send a note to a friend or relative you've lost touch with.
- Send a **positive text message** to three people.
- Create a playlist for a friend.
- Post **inspirational sticky notes** around your department, lab, or center.
- Write a LinkedIn recommendation for a coworker.
- Write down a list of a friend's best qualities and give it to them.
- Write to a **former teacher** who made a difference in your life.
- Write your partner a list of things you love about them.
- Donate a **book** to the library.
- Feed the birds in the park.
- Be kind to yourself.** Take 20 minutes to do something you love.
- Take a mindful walk. Notice the ground beneath your feet and the elements of nature.
- Practice Gratitude.** Make a list of all the things you're grateful for.

Follow the RAK Week action using the hashtag **#MITRAK**.

