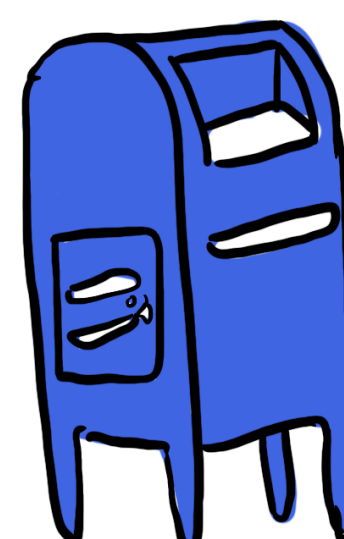
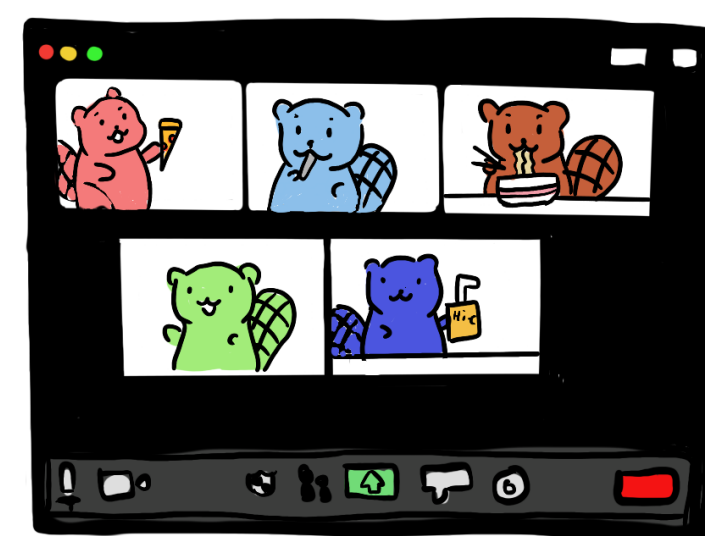




RAK Week for Departments, Labs, and Centers

MindHandHeart invites MIT departments, labs, centers, support offices, and student groups to participate in Random Acts of Kindness Week (March 1-5). Plan ahead and host activities that make your community feel cared for.

- Host a virtual open house.
- Host a virtual staff appreciation lunch, pizza party, ice cream social, hot chocolate bar, crafting event, or local musical performance.
- Make t-shirts for your group and mail them to your community members near and far.
- Send care packages to community members.
- Encourage sending gratitude cards and flowers.
- Create a department-wide virtual art project.
- Create a webpage full of recognitions and shout outs acknowledging a job well done.
- Create a platform for community members to share stories of random acts of kindness.
- Distribute support resources to students, faculty, and staff members.
- Encourage coloring to de-stress. Ex: <https://mindhandheart.mit.edu/resources/community-coloring>
- Host a storytelling event. Groups can choose a topic of interest to their community members and connect with MITell to organize a storytelling event. Ex: <https://mcgovern.mit.edu/2020/12/03/storytelling-brings-mit-neuroscience-community-together/>
- Host a Movie Screening and Panel Discussion: Screen a movie and follow that up with a discussion that could include experts from MIT in that area. Ex: <http://mitmuseum.mit.edu/program/movie-nights>
- Host a book discussion event. Ask your community members for a book recommendation and assign a group leader to lead the discussion. Ex: <https://libraries.mit.edu/mit-reads/>
- Host an arts and crafts event. Members of [MIT furniture exchange](#) can be contacted who have diverse expertise.
- Host a tea/coffee hour. Organize a drop tea/coffee hour and provide a space for your community members to connect with each other. Members can be assigned to different break out rooms to make the meeting more manageable.
- Host self-care and meditation events. You can partner with [Community Wellness](#) at MIT Medical to hold events related to self-care, meditation, or sleep.
- Host group fitness classes with MIT Recreation. Explore this new option from MIT Recreation to organize live and on-demand fitness classes for your community members.
- Host skill-share events. Encourage your community members to talk about their hobbies/skills outside of the academia. Ex: <https://wl.mit.edu/whats-new/fall-skillshare-spouses-partners-connect>



Follow the RAK Week action using the hashtag #MITRAK. For more ideas to make MIT a more healthy, welcoming, and inclusive place, read through our Community Cards— a Pinterest-style board of actions departments, labs, and centers can take to strengthen their communities.

Celebrate RAK Week safely! Check out the now.mit.edu website to ensure your activities adhere to physical distancing and sanitary practices that help keep our MIT community safe. now.mit.edu/campus-operations/