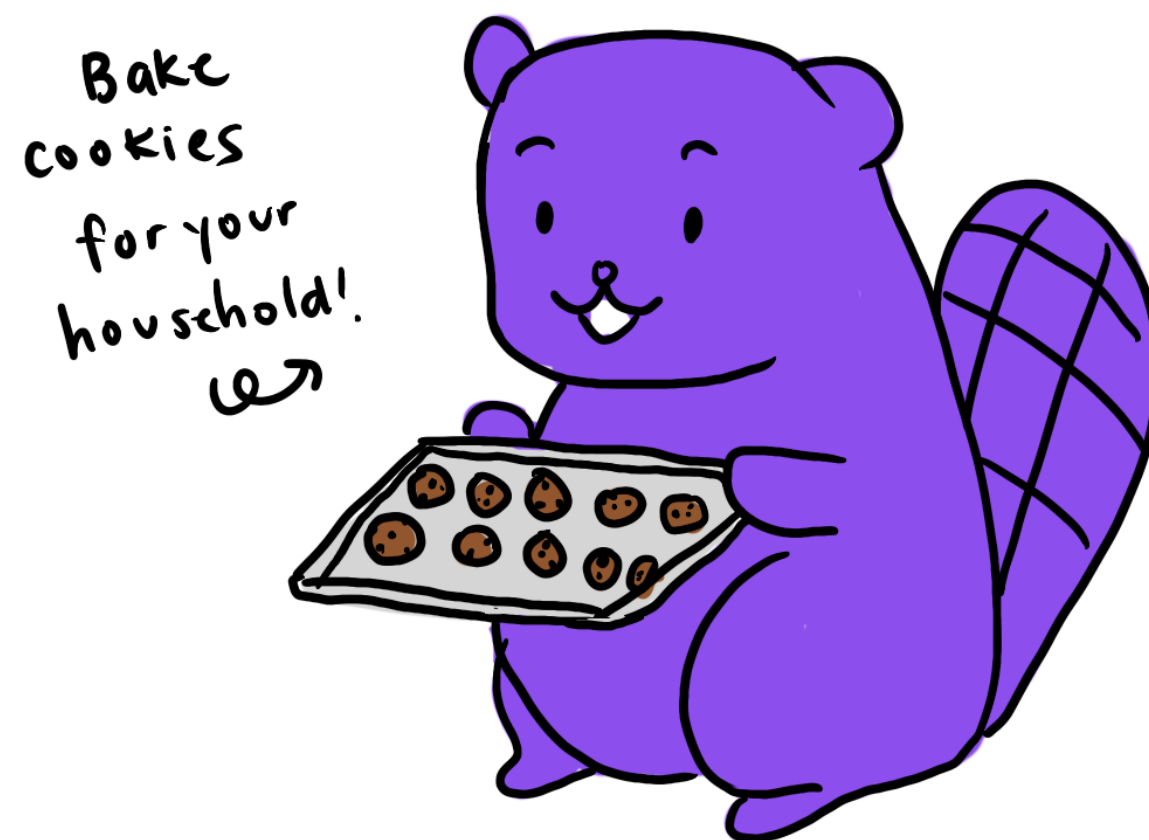




RAK Week for Individuals

There are many ways to participate in MIT's Random Acts of Kindness Week (March 1-5). 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 members of your household.
- Volunteer in your community- there are still many ways to volunteer remotely! Visit [Boston Cares](#) or [Cambridge Volunteers Clearing House](#) for more information. You can also volunteer through [MIT Institute Partners!](#)
- 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 house, residence, 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!**

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/