



RAK Week COVID Safe Ideas

MindHandHeart invites MIT departments, labs, and centers to participate in Random Acts of Kindness Week (March 7-11). Plan ahead and host activities that make your students, faculty, and staff feel cared for.

- Host an online trivia game.
- Collect “shoutouts” from community members and email them to your community.
- Host an online cooking class.
- Host an online playdough making class for families.
- Provide cards for writing notes of gratitude.
- Provide coloring pages.
- Host a scavenger hunt.
- Host an online coffee/ tea quarter hour.
- Provide paint by number kits.
- Host a virtual tour of a National Park, city or special site.
- Host a donation bin for a local charity (canned goods, gently worn clothing, etc).
- Host a virtual museum tour.
- Host a spring decoration making event for office/ res hall doors.
- Send a meme to make someone laugh.
- Collect recipes for a department cook book.

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.

