



RAK Week for Departments, Labs, and Centers

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 open house.
- Host crafting events.
- Host a local musician.
- Host an event where community members make care packages for others.
- Host a gratitude card making station.
- Hand out flowers.
- Install a ball pit.
- Create a tree of gratitude notes.
- Create a department-wide art project.
- Create a webpage full of recognitions and shout outs acknowledging a job well done.
- Invite the Puppy Lab to your department, lab, or center.
- Bring in massage therapists to provide chair massages.
- Hire a yoga or mindfulness instructor to lead a group meditative exercise.
- Distribute support resources to students, faculty, and staff members.
- Table in Lobby 10 and give away swag to passersby.
- Encourage coloring to de-stress.
- Host an online game night.
- Host a scavenger hunt.

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.

