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## Random Acts of Kindness Week Social Media Challenge

Join SHAPE America leaders across the nation as we come together on social media to celebrate the core tenants of the health. moves. minds. program, empower our students and share our collective voice to spread kindness across the country. Each day of Random Acts of Kindness Week, tweet, share or post yourself and/or your students participating in our daily challenges. Use the hashtags **#RAKDay** **#healthmovesminds** to share challenges throughout the week and don't forget to tag @SHAPE\_America for an opportunity to be featured in our national publications!

	Mon 2/14	Tues 2/15	Wed 2/16	Thurs 2/17 RAK Day	Fri 2/18
Daily Challenge	<p><b>Bursts of Kindness Chain</b></p> 	<p><b>Be Kind to YOU!</b></p> 	<p><b>Pass On Kindness</b></p> <p>Brighten someone's day and pass a kind note or message to a classmate or colleague in the hallway, recess or at lunch.</p> 	<p><b>Kindness Superhero Selfie!</b></p> <p>Post a picture using one of our health. moves. minds. resources or wearing your own Kindness Superhero uniform!</p> <p>Use the hashtags:</p> <ul style="list-style-type: none"> <li>• #RAKDay</li> <li>• #healthmovesminds</li> <li>• @SHAPE_America</li> </ul>	<p><b>Kindness MEME!</b></p> 
Students K-12	<p><b>In Person:</b> Create a Bursts of Kindness bulletin board. Print out copies of our <a href="#">Bursts of Kindness Note Cards</a> and have each student write notes of kindness to place on the board.</p> <p><b>Virtual:</b> Students can design their own <a href="#">Bursts of Kindness</a> &amp; share as their Virtual Background.</p>	<p>Choose a physical activity that feels good to you and that you enjoy. Being active maintains physical, emotional and mental health.</p>	<p>Leave a letter or a picture in a library book for someone to find.</p>	<p>My kindness superhero power is <b>(fill in the blank)</b>. I pledge to share it by <b>(fill in the blank)</b>.</p> <p>Post a selfie with your pledge.</p>	<p>Internet MEMEs are usually used to bully or make fun of someone or something. Let's switch it up and turn them into messages of kindness and empowerment. Make your own meme by taking a photo or traditional meme and infusing KINDNESS or <a href="#">share this one!</a> Ready? Create a Kindness Meme!</p>
Educators & Adults	<p>Create your own Bursts of Kindness with friends or family! Pass along notes of kindness in-person or virtually on social media or through e-mail.</p>	<p>Same as above. Post a selfie of you enjoying your chosen physical activity on social media.</p>	<p>Write an encouraging message or quote on a piece of paper and leave it in a library book for someone to find. Post your note on social media.</p>	<p>My kindness superhero power is <b>(fill in the blank)</b>. I pledge to share it by <b>(fill in the blank)</b>.</p> <p>Post a selfie with your pledge on Facebook, Instagram or Twitter.</p>	<p>Same as above</p>