



SOUTHWEST AFFILIATE OF COLLEGE AND UNIVERSITY RESIDENCE HALLS

Random Acts of Kindness Week Guide

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Random Acts of Kindness Week

April 19th-April 23rd

Hey SWACURH!

We have put together this Random Acts of Kindness (RAK) Guide to assist you in planning for the Regional RAK Week as well as future use if you so choose. Along with this guide and the other resources found on the SWACURH website for RAK Week we are hoping you all are able to participate in some way or form. Throughout the week, remember to tag @swacurh and use #SwacurhRakWeek

Monday we are quacking down on mental health. Looking after your mental health and knowing resources is very important for college students. As well as recognizing, how mental health impacts you and your surrounding community.

Tuesday we are playing a game of duck, duck, goose! This day is all about recognizing the students and people within your community! Recognition allows us to motivate, equip, and empower others.

Wednesday, birds of a feather are flocking together. This day is about being kind to yourself and others.

Thursday, don't be a buttquack; save the planet! The Earth is such an awesome planet! Let's promote sustainability on our campuses.

Friday we are focusing on self care and relaxation. You have gone through a week of classes, tests, events, and more. Wrap up the week by doing something for yourself. Because Waddle We Do without you? SWACURH is so appreciative of everything you do on your college campuses as you navigate the year. We are here to support you and remind you that SWACURH would not be SWACURH without all of you.

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SWACURH Random Acts of Kindness Week

WHAT CAN YOU DO TO PREPARE FOR

Random Acts of Kindness Week?

Day 1: Mental Health Monday (April 19th)

1. Create a list of resources offered by your university.

While many campuses do a great job of informing student of the mental health resources at their disposal, student often forget that information or become unaware of those resources. By compiling those resources and passing them out to students, encouragement of using those resource will increase.

2. Plan events based around mental health and stress relief.

Since finals are coming closer, events geared towards stress relief and mental health education are more helpful than you think. Get in contact with your counseling services and ask someone to present at these events. Offer relief activities like creating DIY sugar scrub and yoga to reduce stress. Please make sure to follow COVID guidelines with these events!

3. Pass out notes with messages of encouragement or positivity.

Self-esteem, anxiety, and other extreme emotions are hard to overcome, but words of affirmation from a stranger or someone close can go a long way. Spread messages of positivity to those who need it the most or even a random stranger! Tabling with these messages and even passing on a little gift to them can be very helpful!

WHAT CAN YOU DO TO PREPARE FOR

Random Acts of Kindness Week?

Day 2: Recognition Tuesday (April 20th)

1. Select a group or a few groups on campus that you feel should be recognized, and decide how you would like to recognize them. Some examples would be writing thank you notes, buying snacks, or buying meals for them.

2. On Tuesday, give the items to the group you chose.

3. Send the "Duck, Duck, Goose" graphic to some student leaders and encourage them to pass it on!

WHAT CAN YOU DO TO PREPARE FOR

Random Acts of Kindness Week?

Day 3: RAK Bingo Wednesday (April 21st)

1. Post the RAK Bingo card to your social media outlets and distribute it throughout your institution.

2. Encourage residents to scratch off as many acts of kindness that they can on Wednesday!

3. Tell your residents to tag you RHA and the region to see who can fill out the most acts of kindness!

WHAT CAN YOU DO TO PREPARE FOR

Random Acts of Kindness Week?

Day 4: Sustainability Thursday (April 22nd)

1. Earth Day is a day to demonstrate support for environmental protection. There are many ways to participate such as using reusable water bottles and bags, picking up trash that didn't make it to the trash can, recycling recyclables, and composting compostable items.

2. On your campus you can plan a trash cleanup day. Organize a nature hike with an expert to learn more about the area. Plan an event informing the community of environmental policies that impact the area, and pass out reusable bottles, bags, or straws.

3. Continue to educate yourself about environmental issues. Keep the environment in mind when planning events. Think about having a registration for events to prevent overbuying and waste items or find another way to get use out of the items.

WHAT CAN YOU DO TO PREPARE FOR

Random Acts of Kindness Week?

Day 5: Relaxation Day Friday (April 23rd)

1. Post the video link to an affirmation video, the relaxation coloring page, and distribute the coloring page to residents!

2. Encourage residents to watch the video and color in the coloring page on Friday!

3. Tell residents to tag your RHA and see who posts their fabulous coloring pages!