

# Random Acts of Kindness Day

Random Acts of Kindness Day is on February 17<sup>th</sup> and promotes creating a wave of change through small acts of kindness which will inspire others to do the same. The acts bring joy to the receiver and also spread positivity to the giver.

**Description of the Activity:** In this activity, you will explore and reflect on the significance of performing kind acts for others by taking action and responding to four (4) questions. The response to each of the four (4) questions is required to be at least 3-4 sentences in length in order to earn SSL credit.

**How SSL Hours Are Earned:** Complete the activity according to the below instructions and earn one (1) SSL hour.

**Deadline for this activity is: Friday, March 4, 2022**

If you have any questions, please contact Hoover MS PTA at: [HooverMSPTA@gmail.com](mailto:HooverMSPTA@gmail.com)

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Please submit ALL the below REQUIRED information and responses to: [HooverMSPTAwhm@gmail.com](mailto:HooverMSPTAwhm@gmail.com). In the subject line of the email write "Random Acts of Kindness Day."

- 1) Student Last Name
- 2) Student First Name
- 3) Grade
- 4) Student's email address (Do NOT use your MCPS student email address. If you do not have a personal email, provide the email address of your parent/guardian. We need an email address to send your SSL form.)
- 5) Take action: Perform a random act of kindness during the month of February 2022. After performing the act, answer the four (4) questions below.
- 6) Question One – Describe the act of kindness you performed. Why did you perform that particular act? **\*\*Response is required to be at least 3-4 sentences in length in order to earn SSL credit.\*\***
- 7) Question Two - Does performing a small act like opening a door for a stranger really make any difference? Why or why not? **\*\*Response is required to be at least 3-4 sentences in length in order to earn SSL credit.\*\***
- 8) Question Three - What are some other random acts you plan to perform in the near future? **\*\*Response is required to be at least 3-4 sentences in length in order to earn SSL credit.\*\***
- 9) Question Four - What impact do your acts of kindness have on the receiver and the community-at-large? Will your actions inspire others to do the same? **\*\*Response is required to be at least 3-4 sentences in length in order to earn SSL credit.\*\***