

## **Directions:**

For this assignment, you will commit 5-10 random acts of kindness. A random act of kindness is defined as "a selfless act performed by a person wishing to either assist or cheer up an individual." You will do something kind for someone else that requires you to go somewhat out of your way to do. They do not have to be around for someone to witness your act or to acknowledge what you have done. Examples are putting money in someone's parking meter (be careful--this is sometimes considered illegal), paying toll for the people behind you. Remember: these should be random! Treating your significant other to a movie and date, or buying a round of drinks for everyone at the bar, are not random acts of kindness because you obviously have something to gain.

## **Directions Cont.**

Step 1: Create a chart which lists

1. The act (do at least 5)
2. The person's response (if witnessed)
3. Your feelings before act
4. Your feelings after act

Step 2: Create a thoughtful and detailed response describing:

1. Why did you choose your RAK?
2. Impacts and Social Psychology Observations: What impact do you believe your actions had on others?
3. Psychological Observations of Yourself: Why do you think you felt the way you did about doing these acts?
4. What worked well? What might you try in the future?
5. photos could help illustrate your act, but only if they do not interfere! (You might take a photo AFTER the act.)
6. Additional thoughts/reactions.

Again, acts such as driving someone to their car in the parking lot or picking up a book someone dropped do not count. You must put some thoughtful and meaningful effort into your acts of kindness to receive full credit. Be creative, have fun.

At least 1 reference is required.