

# Random Act of Kindness Activity

## Health 6-Mrs. Maus

Name: \_\_\_\_\_ Hour: \_\_\_\_\_ Due Date: \_\_\_\_\_

One of the easiest ways to raise our self-esteem is to do something nice for someone else, “just because”. When we show kindness to others, not only does that person feel good, we do too! Everybody wins! Your job in the next few days is to do something kind for someone else, “just because”.

1. Describe your random act of kindness. What did you do? \_\_\_\_\_

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2. Briefly describe the person’s reaction to what you did and how you felt afterwards. \_\_\_\_\_

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