

# Kindness Rocks

**Welcome to RAK Week! RAK stands for Random Acts of Kindness.** Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* **Each day should take you about 15-20 minutes (excluding prep/clean up.).** You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

**Materials:** Rocks, Paint, Paintbrushes, Sharpies, sponges, buckets, soap, water, towels

## Daily Lessons

### Day 1 Extension

Read Aloud:  
Kindness Rocks by  
Sonica Ellis  
[Read Aloud Link](#)



### Day 1- Rock Hunt!

Explain RAK week and how the class will create Kindness Rocks to spread kindness beyond the classroom. Optional- create a kindness rock ahead of time to show them. Example: [Kindness Rocks](#)  
As a class, go outside and hunt for rocks! Any size rock will work, so allow the students freedom to select a rock of their choice. If there are no rocks nearby, have students bring one in OR purchase them at a craft store.

### Day 2 Extension

Brainstorm Session:  
What images/ words  
show kindness?  
**Create a chart!**



### Day 2- Rock Cleaning

Now that we have our rocks, let's clean and polish them! Divide the class into small groups of 3-4. Give each small group a small bucket with soapy water and sponges. Have students scrub and clean the rocks. Make sure to dry them off as well! This will help the paint stick better.

### Day 3 Extension

Color Wheel: How do  
we make other colors  
using primary colors?  
[Color Wheel Video](#)



### Day 3- Base Color Paint

Today is painting day! Offer students a variety of paint colors to paint the entire rock. This will be the base coat. One idea is to only put out primary colors and set up stations with all three. That way students can practice mixing colors to make others if desired.. Light colors work best for base coats, otherwise anything painted on top may not show up. Add white paint to each station so they can lighten up their colors if needed.

### Day 4 Extension

Kindness Charades:  
Have students work  
in small groups to act  
out kind ways to help.  
(Open Door, etc.)



### Day 4- Add Words/Images

Add words or pictures on top of the base coat. You can choose between paint or permanent markers. Add common words on the board for students to copy spelling. If you completed the brainstorm session on Day 2, reference back to it. Otherwise, brainstorm ideas as a group before starting.

### Day 5 Extension

Journal Entry- Write  
or Draw about your  
RAK week. What did  
you like best?



### Day 5- Hide The Rocks!

Today is the day to get out of the classroom and "hide" your kindness rocks. Remember, the goal is for them to be found, so don't hide them too well! Also, encourage students to spread them out so that they are not clustered. We want people to find them over time, not all at once!