



APS Random Acts of Kindness Week

February 11 -16, 2019

Guess what? Atlanta Public Schools Random Acts of Kindness week is one special week in February where all APS schools and families place an intentional focus on celebrating Kindness. This year the APS district focus is around showing and giving kindness through the five languages of appreciation, also known as the 5 love languages.

The 5 APS Appreciation Languages: Research shows that both children and adults show and feel appreciation in different ways.

These languages are described below:

1. **Words of Affirmation-** Words mean a lot to a person with this love language. Verbal compliments don't have to be complicated; the shortest and simplest words of affirmation can be the most effective. These people love shout outs and well worded inspirational quotes. On the other side, negative comments can hurt this person and take longer to forgive than others.
2. **Acts of Service-** This person's motto is "Actions speak louder than words." This appreciation language expresses itself by doing things that you know others would like. Making a copy for someone, picking their children up from lunch, giving a teacher a restroom break, are all acts of service. They require some thought, time, and effort. Actions out of obligation and with a negative tone are something else entirely.
3. **Quality Time-** This appreciation language is all about undivided attention. This just means that you need to make sure to dedicate time for this person without all of the distractions. Every time you cancel, postpone time together or aren't present during your time together, it can be hurtful to this person.
4. **Gifts-** No, this appreciation language isn't necessarily materialistic. It just means that a meaningful or thoughtful gift makes this person feel appreciated and loved. Something as simple as bringing them their favorite snack, a small token, or classroom supplies they might be running low on can make an impact.
5. **Physical Touch-** This person feels more connected and safe when they are physically connected to others, physically active, and cozy. While physical touch people like hugs and high fives, a warm smile with eye contact can go a long way.

When others show us kindness through our primary language, we feel more appreciated. Therefore, during RAK week 2019, we challenge you and your whole family to demonstrate Random Acts of Kindness for others (staff, students, parents, community) keeping these 5 languages in mind. Take the quiz yourself and give the quiz to your children to start the journey in building self-awareness for what makes you feel appreciated. Share your results with others to build social-awareness and relationships in your life. Also use the attached calendar for great ideas for kindness all month long!

Children 5-12- <https://tinyurl.com/RAKlanguagekids>

Teens 12-18- <https://tinyurl.com/RAKlanguage teens>

Adults- <https://tinyurl.com/RAKlanguageAdults>

Source: Materials adapted from <https://www.5lovelanguages.com/>

FEBRUARY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Atlanta Public Schools
RAK Week

						1 Place a note of appreciation & a small gift in a neighbor's mailbox.	2 Put change in a vending machine for a stranger Groundhog Day
3 Figure out a friend's half birthday & surprise them with a treat on that day	 4 Read inspirational kindness quotes on our website for a pick-me-up	5 Hold the door open for a group of people Lunar New Year	6 Invite someone new to sit with you during lunch 	7 Make a homemade card to send to a friend on the other side of the world Send A Card Day	8 Tell a friend all the things you love about their family 	9 Take someone new in your neighborhood on a tour of the city	
10 Make a list of 10+ RAKs you've been wanting to do & pledge to do them all by the end of the week	 11 Fill plastic bags with snacks & travel toiletries to keep in your car to give to homeless people	12 Leave a pack of babywipes at a random changing station	13 Start a fundraiser online or at your school	14 Make a Valentine's card for everyone in your class / office Valentines Day	15 Write inspiring notes to leave on random cars in a parking lot	16 Publicly bring attention to the accomplishments of someone that deserves more recognition	
17 You have 24 hours: perform as many acts of kindness as you can! RAK Day	18 Randomly give a lottery ticket to a stranger President's Day	19 Acknowledge someone when they walk into the room	20 Buy a new toy for your pet or a pet you know	21 Share your notes or study guide with a classmate that's been out sick	22 Carry around packets of hand warmers to give to people in need	 23 Follow @arakfoundation on Instagram to add kindness to your social feed	
24 Donate supplies to a random teacher via a online classroom wishlist 	25 Respond to emails / texts in a timely fashion - people don't like feeling ignored	26 Treat a friend or stranger to a beverage 	27 Learn how to say "please" & "thank you" in 5 different languages 	28 Listen to an upbeat playlist while you get ready in the morning 	<h1>Random Acts of Kindness</h1>		