

UNIVERSITY RAK WEEK

The Wellness Center's Student Advisory Board at Southern New Hampshire University participated in 3 activities during February's Random Acts of Kindness Week:

Board members launched the week by making Random Acts of Kindness labels and attaching them to 1000 pieces of candy that were then distributed around our campus. Each label included information about Random Acts of Kindness Week and suggested ideas for how a person could participate in the week and spread a kindness message.

Later in the week, we delivered coffee and donuts to the night cleaning and public safety staff at midnight.

As a final act for the week, we decided to take our efforts into the community. After locating an elementary school, we made arrangements to attend the school and do guest reading. We read to the classes at the elementary school and talked with them about Random Acts of Kindness Week as well as bringing them stickers to promote kindness.

☺ Project contributed by Sara