

Kindness Bookmarks

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: Cardstock or Watercolor paper, Watercolor Paints, Clear Tape or Laminator, Hole Punch, Markers, Pencils, Ribbon

Daily Lessons

Day 1 Extension

Read Aloud:
Finding Kindness by
Deborah Underwood
[Read Aloud Link](#)

1

Day 1- Bookmark Brainstorm!

Explain RAK week and how the class will create Kindness Bookmarks to spread kindness beyond the classroom. Optional- create a kindness bookmark ahead of time to show them. Example: [Watercolor Bookmarks](#)
As a class, brainstorm ideas for watercolor images and colors that would work well as a background. Remind students that they can write their kind words OVER the watercolor pictures or on the BACK of the bookmark.

Day 2 Extension

Art Study:
View the paintings and discuss how kindness is illustrated in art. [Art Study Link](#)

2

Day 2- Paint Bookmarks

Now that we have our kindness bookmarks mapped out, let's start creating! Cut each bookmark out to 2 inches by 4 inches to fit in most books found in the library. Lightly tape each bookmark down onto scrap paper and have students use watercolors to paint one side of their bookmark. Encourage colors that are lighter if they are going to write over their picture.

Day 3 Extension

Kindness Counts
Freeze Dance:
Play this song. Pause and ask for RAK ideas
[Kindness Song](#)

3

Day 3- Add Words

Today is writing day! Add words on top of the watercolor OR on the back of the bookmark. Brainstorm ideas for words and phrases as a group before starting. Add common words on the board for students to copy spelling. Have them write their words in pencil first before tracing them in marker.

Day 4 Extension

Create Acrostic Poem:
Write Kindness vertically. Brainstorm kind acts starting with each letter.

4

Day 4- Assemble Bookmarks

Punch a hole in the top of each bookmark. Have students tie a ribbon through the hole. Laminate each bookmark. If this is not possible, use clear tape to go over each bookmark so they are more durable and waterproof.

Day 5 Extension

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

5

Day 5- Hide The Bookmarks!

Today is the day to get out of the classroom and "hide" your kindness bookmarks. Remember, the goal is for them to be found as other students check out books, so don't hide them too well! Also, encourage students to spread them out in all types of books so that they are not clustered.