



RAK Week for Departments, Labs, and Centers

MindHandHeart invites MIT departments, labs, and centers to participate in Random Acts of Kindness Week (March 9-13). Plan ahead and host activities that make your students, faculty, and staff feel cared for.

- Host a **pizza** party.
- Host an open house.
- Host an ice cream social.
- Host a **hot chocolate** bar.
- Host crafting events.
- Host a local musician.
- Host an event where community members make **care packages** for others.
- Host a **gratitude card** making station.
- Hand out flowers.
- Install a **ball pit**.
- Create a tree of gratitude notes.
- Create a department-wide art project.
- Create a webpage full of recognitions and shout outs acknowledging a job well done.
- Invite the **Puppy Lab** to your department, lab, or center.
- Bring in massage therapists to provide **chair massages**.
- Hire a yoga or mindfulness instructor to lead a group meditative exercise.
- Distribute **support resources** to students, faculty, and staff members.
- Table in Lobby 10 and give away treats to passersby.
- Encourage **coloring** to de-stress.

Follow the RAK Week action using the hashtag **#MITRAK**.

For more ideas to make MIT a more healthy, welcoming, and inclusive place, read through our [Community Cards](#)— a Pinterest-style board of actions departments, labs, and centers can take to strengthen their communities.

