RAK Week for Individuals

There are many ways to participate in MIT's Random Acts of Kindness Week (March 1-5). Check out the list below and consider how you might practice kindness towards others and yourself.

• Write notes of encouragement to friends and colleagues.
• Bake cookies for members of your household.
• Volunteer in your community- there are still many ways to volunteer remotely! Visit Boston Cares or Cambridge Volunteers Clearing House for more information. You can also volunteer through MIT Institute Partners!
• Send flowers to someone unexpectedly.
• Send a note to a friend or relative you’ve lost touch with.
• Send a positive text message to three people.
• Create a playlist for a friend.
• Post inspirational sticky notes around your house, residence, department, lab, or center.
• Write a LinkedIn recommendation for a coworker.
• Write down a list of a friend’s best qualities and give it to them.
• Write to a former teacher who made a difference in your life.
• Write your partner a list of things you love about them.
• Donate a book to the library.
• Feed the birds in the park.
• Be kind to yourself. Take 20 minutes to do something you love.
• Take a mindful walk. Notice the ground beneath your feet and the elements of nature.
• Practice Gratitude. Make a list of all the things you’re grateful for.

Follow the RAK Week action using the hashtag #MITRAK!

Celebrate RAK Week safely! Check out the now.mit.edu website to ensure your activities adhere to physical distancing and sanitary practices that help keep our MIT community safe. now.mit.edu/campus-operations/