

Random Acts of Kindness Week

"No act of kindness, no matter how small, is ever wasted."

When: February 10-16, 2014.

Who: Sponsored by SOS, all students and staff are encouraged to participate.



What: A worldwide celebration of kindness that takes place the second full week in February each year. Take this week to step out of your normal routine and attempt a new random act of kindness each day of the celebratory week.

Why: Performing acts of kindness is scientifically proven to boost health, happiness and societal goodwill.

RAK Week Theme Days

Monday - "Hey Day"

Greet as many students and staff as you can while traveling to class by saying hello, waving, and smiling!

Tuesday - "Mr. Rick Appreciation Day"

Pick up all of your lunch trash in the MPR, leaving it spotless and give Mr. Rick a HIGH FIVE!

Wednesday - "Open Mic Compliments"

Unleash your kindness publicly and anonymously with the "Compliment Quartet." Fill out a Compliment Card during lunch and a member of the Quartet will announce your compliment over the microphone!

Thursday - "Mix it Up"

Eat lunch with someone new!

Friday - "Matching Day"

Partner with a friend and coordinate matching outfits for the day!

Treat, Tweet & Repeat - The BTHS "Ripple" of Kindness
Tweet your acts of kindness using the hashtags #bthskind & #rakweek