invite yourself to perform an Act of Random Kindness – *ARK Day*

Objective: Opportunity for students to **invite** themselves to perform a random act of kindness, or start a conversation with someone that they would not typically be put into conversation with. This activity is a great way to start a conversation with students about how to use the be nice. Action Plan face to face. Sometimes it's hard to think of ways to **invite** yourself to start a conversation with someone whom you've **noticed** needs a friend.

Instructions:
1. Discuss as a be nice. Chapter the importance of this activity.
   a. What are they **noticing** about how fellow students reach out and talk to others that might be outside of their friend group – someone that they might not know?

2. Watch the Grandville HS example of ARK Day on the be nice.org Portal.
3. How could this activity be run at your school?
   a. Pass out ARK slips as students walk in to the building at the beginning of the day.
   b. Is it possible to have incentives/a photo competition students sharing pictures of them completing the ARK?
4. Brainstorm simple actions to show others you **notice** them.
   a. Holding a door, greeting people in the morning or starting a conversation with a new person.
   b. Type those ARKs (it's okay to repeat!) and cut them out before the activity date.
   c. Pass out one slip to each student in the building.
   d. Discuss the activity on the announcements.

**Remember to let staff know when the activity is happening so that they can be on board and promote.

5. Make sure to make this a be nice. event. Have staff and your group wear their shirts, use the logo on posters, and use the Action Plan steps in your questions. Use this as a way to promote the second step of the Action Plan, **invite**.
6. Make sure every member of the group is assigned a few acts that they will perform throughout the day.
7. Ask participants and witnesses to think about how **inviting** yourself to act kindly can positively impact someone's whole day.