Kindness Challenge
2015

We have the power to make a difference in each other's lives. A small act of kindness can go a long way towards building a more close-knit and supportive Dartmouth community.

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

Check off the days on the calendar that you perform an act of kindness, and make a short note of what you did. If you complete 14 days of random acts, you will receive a small gift from Dartmouth RAK and be entered into a lottery to win a gift cards to Hanover restaurants!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 Pay for someone's coffee	9 Ask how your professor's weekend was	10 Write someone a poem	11 Make a new friend	12 Give a random person a compliment	13 High five 5 people	14 Valentine's Day Give someone a Hershey's kiss
15 Leave someone a note of encouragement in the library	16 Strike up a conversation with someone you've never met	17 Thank your UGA	18 Write a nice letter or note	19 Get a meal with someone you haven't seen in a while	20 Thank your custodian	21 Hold the door for someone behind you
22 Call an old friend	23 Sit down with someone eating alone	24 Sit next to someone you don't know in class	25 Leave someone candy in the library	26 Smile at a stranger	27 Make a snowman with someone	28 Stop and appreciate all the wonderful kindness you've shown

Please fill out the form on the other side when you've completed the RAK Challenge.
Then take pictures/scan both sides of this sheet at send it to
Dartmouth.Random.Acts.Of.Kindness@dartmouth.edu by **March 7th**.

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Hey superstar! Thanks so much for participating in this initiative to make Dartmouth a happier and more supportive place. You are an inspiration to us and to others in this community. Please take a minute to fill out this form, and then email it to Dartmouth.Random.Acts.Of.Kindness@dartmouth.edu.

Name: **Class Year:**

Email: **Hinman Box:**

What inspired you to participate in the RAK Challenge?

What was your favorite act of kindness that you performed?

What did you learn from this experience?