Secret Agent ________________:
Your mission if you choose to accept it is to secretly perform Random Acts of Kindness. During the next 7 days you will be required to perform Random Acts of Kindness, but you must do it without the recipients knowing it is you.
First pick your targets (those who will receive your kindness) then decide on a kind deed or act to perform for them. Perform your kindness secretly. You will report back on ______________. DO NOT blow your cover!
List the recipient and R.A.K. you performed each day below.
1: ___________________________________________
2: ___________________________________________
3: ___________________________________________
4: ___________________________________________
5: ___________________________________________
6: ___________________________________________
7: ___________________________________________

Good luck on your mission!

This message will not self destruct.
SECRET R.A.K. IDEAS

- Do a chore for a brother or sister without them knowing.
- Write a note to someone telling them how much you appreciate them (this one can be secret or not).
- Smile at 3 random people today, make their day brighter.
- Secretly clean out your Mom or Dad’s car.
- Ask a parent what you can do to help them today, and then do it without complaining.
- Write a note to another teacher; tell them you appreciate the work they do for you. Then secretly leave it on their desk.
- Pick up any trash you see lying on the ground for an entire day.
- Prepare a snack for your family.
- Do your homework without being asked.
- Draw a picture for someone you care about. Leave it in a place for them to find.
- Clean your room without being asked.
- Say “I love you” to someone you love.
- Do something nice for someone you don’t know very well.
- Read to a younger brother or sister.
- Speak kindly all day long. No complaining allowed.

*Note: Some of these ideas you may not be able to keep yourself a secret, but you can still perform the kindness without telling the recipient that you are trying to perform a R.A.K. for them!*