Random Acts of Kindness Week

Why Dedicate a Week to Kindness?

Science finds that positive effects of kindness are experienced in the brain of those who receive or witness an act of kindness. Experiencing kindness improves mood and makes people significantly more likely to “pay it forward.”

Participate in the 7 Day Kindness Challenge, Starting February 16, 2020

Take part in our 7 days of science-based strategies to boost kindness, happiness, and social connection. The challenge will encourage you to step out of your comfort zone and do some things that maybe you haven’t done before or have wanted to do but weren’t sure how to get started. Each day’s practice offers a new science-based practice to help give your kindness a supercharge.

Challenge Themes
- Random Acts of Kindness
- Courage
- Assertiveness
- Strengths and Perseverance
- Gratitude
- Focusing on the Good
- Self-Compassion

Start Your Kindness Journey
 unh.edu/health/kind

Reflect and Share

After you have completed the 7 day kindness challenge, visit unh.edu/health/kind to tell us how it went for an opportunity to win a free 50 minute massage therapy session at Health & Wellness.
Kindness Challenge

Experiencing kindness improves mood and makes people significantly more likely to “pay it forward.” Today’s challenge focuses on expressing **RANDOM ACTS OF KINDNESS** in an effort to create a culture of compassion at UNH. #BeKindUNH

Random Act of Kindness

We have all performed a random act of kindness at one time or another. These acts may be large or small, and their beneficiaries may not even be aware of them. Yet their effects can be profound—not only on the recipient but on the giver, as well. Today’s challenge asks you to perform five acts of kindness in one day as a way of both promoting kindness at UNH and cultivating happiness in yourself and others.

How to Do It

**One day this week, perform five acts of kindness—all five in one day.**

It doesn’t matter if the acts are big or small, but it is more effective if you perform a variety of acts. The acts don’t need to be for the same person—the person doesn’t even have to be aware of them.

Examples of random acts of kindness:

- Feed a stranger’s parking meter
- Help a friend
- Buy someone a coffee, smoothie, tea
- Open the door for someone, say “hello,” and smile
- Surprise someone with an unexpected gift left outside their door
- Leave an inspiring and random note on your seat when you leave class
- Give someone a compliment that has nothing to do with the way they look
- Can you think of anything else?

After each act, write down what you did in at least one to two sentences. For more good vibes, also write down how the random acts of kindness made you feel.

Why It Works

Researchers believe this practice increases happiness because it makes you think more highly of yourself and you become more aware of positive social interactions. Being kind may also help increase motivation and confidence to be more social and compassionate to others. Evidence suggests that variety is key. People who perform the same acts over and over show a downward trajectory in happiness, perhaps because any act starts to feel less special as it becomes routine.

Learn More at unh.edu/health/kind

Source: Greater Good Science Center at UC Berkeley