DIGITAL WELLNESS IN ACTION

Random Acts of Online Kindness

Be Connected

#BeKind

Learn as a Family

What are RAKs?
RAKs are Random Acts of Kindness, a simple way to spread happiness and positivity! It can be anything that you do to support someone else, like helping a senior citizen to cross the street. Let's take the RAKs to the next level and go digital with Random Acts of Online Kindness.

Why is it important?
The online world is all about interaction. You game with friends, watch streams and stories, like, comment and share posts from different apps. But you may also see negative, hurtful or inappropriate comments. When you perform RAKs, you help build high-quality connections with your online community. Being kind to someone can make them feel happy, noticed or supported. You will also feel rewarded doing a RAK, and it is likely to create a ripple effect with the person you helped being inspired to do the same for someone else.

How can we do online RAKs?
With technology at our fingertips, we have the ability to put a smile on someone's face in a matter of seconds using any device, anywhere at anytime, by sending a kind message!

Goal
Spread positivity by sending positive and kind messages via text, social media, email and more, to colleagues, friends and family

Action Plan

- Identify some people you interact with digital, either by text or social media or email.
- Get some inspiration: Read this story about a valedictorian who posted kind words about classmates on instagram for a year.
- Send each person a sincere message of kindness (You don't have to be anonymous) to brighten their day.
  - Be authentic and sincere, express gratitude on something you are actually grateful for and what it means to you.
  - Be specific, explain what you really appreciate in that person or in what they did.
  - Keep it short.

Consider

- Making this a regular habit
- Challenging yourself to only write positive comments online
- Encouraging others to do online RAKs

Debrief as a family

➤ What went well?

➤ What was tricky?

➤ What are our next steps?

Go further

Look for more ways to do digital random acts of kindness!

- Post a positive review for a great service received
- Praise a local business online.
- Write a blog post about someone who inspires you.
- Share an uplifting song on social media.
- Create a fun photo album of a friend or family member and share it with them (do not share it publicly unless you have their consent!).