



Guide for Parents: RAVE Acts of Kindness for Kids

Objective: Help children between the ages of 8 and 11 recognize the joy of giving and the reciprocal feelings of gratitude it can inspire. This activity aims to show kids how simple acts of kindness can create a ripple effect of positive feelings and gratitude.

Materials Needed:

- Craft supplies for making gifts (paper, markers, crayons, ribbons, glue, etc.)
- Any additional materials based on the specific act of kindness your child chooses

Step-by-Step Instructions:

1. Understanding the Objective:

- Sit down with your child and discuss the importance of kindness and how it affects both the giver and the receiver.
- Explain that they will be performing acts of kindness for four different people to give them something to "RAVE" about.

2. Brainstorming Acts of Kindness:

- Encourage your child to think of simple acts of kindness they'd like to perform. Some examples could be:
 - Making a handmade card or craft for a friend.
 - Helping a sibling with their homework.
 - Assisting a family member with a chore.
 - Offering to water plants for a neighbor.
- Make a list of the chosen acts and gather necessary materials.

3. Engaging in the Acts:

- Over a week, guide and support your child as they engage in each act of kindness.
- Allow them the freedom to perform the act in their own special way while being available for guidance and assistance if needed.

4. Reflect on Each Act:

- After each act, sit down with your child and discuss the experience.
 - How did it feel to perform the act?
 - How did the receiver react?
 - Do they think the receiver felt grateful or wanted to "RAVE" about what they did?
- Emphasize the idea that these simple acts can make both the giver and receiver feel good, fostering a sense of gratitude.

5. Wrap-Up:

- Once all four acts are completed, reflect on the overall experience.
- Discuss the positive feelings associated with giving and how simple acts can inspire gratitude and positivity in others.
- Encourage your child to continue performing acts of kindness regularly, stressing the joy and gratitude it brings to both the giver and receiver.

Tips for Parents:

- Be a role model. Showcase acts of kindness in your own daily life and share your experiences with your child.
- Ensure the acts of kindness chosen are age-appropriate and feasible.
- Praise and commend your child for their efforts and the kindness they show.
- Engage in acts of kindness as a family occasionally, highlighting the collective joy it brings.

Through the RAVE Acts of Kindness activity, children will come to understand the profound impact of their actions, no matter how small. By fostering a sense of gratitude and the joy of giving, they'll be equipped with the values that serve them well throughout life.