

# Community Cleanup

**Welcome to RAK Week! RAK stands for Random Acts of Kindness.** Every year we encourage others to take time this week to really focus on kindness and how they can dive deeper to spread RAKs within their community. *This one pager gives a simple, yet effective lesson plan for your classroom for RAK week.* **Each day should take you about 15-20 minutes (excluding prep/clean up.).** You can extend the activities if desired using the Extensions section on the left side of each day. However, simply doing the activity each day is more than enough to bring home the value of Random Acts of Kindness and the impact it has on others, regardless of your age! Check out [The History of RAK Week](#) for more info!

**Materials:** Gloves, Garbage Bags, Pickers, Neon Vests, garden tools, scrub brushes, buckets, soap ( supplies will depend on the cleaning needs of your area)

## Daily Lessons

### Day 1 Extension

2 min Video:  
Change the World  
with Kindness  
[Video Link](#)



### Day 1- Explore-How do we care for our community?

Explain RAK week and how the class will clean up the area outside of our school to spread kindness beyond our classroom. Discuss kindness from both people we know and complete strangers. Some people we meet and others we will never meet, yet the impact is still just as powerful. How can our community cleanup communicate kindness to those in our town/city?

### Day 2 Extension

Keep it Going:  
Start a Keep America  
Beautiful Club! [LINK](#)  
[TO JOIN](#)



### Day 2- School Parameter Stroll

As a class, get out of the classroom and go on a stroll around the school parameter. This can include both the inside and outside common areas. Invite the students to look for areas that need assistance- trash pick up, cleaning/scrubbing, weeding, organization, etc. Come back to the class and discuss your observations.

### Day 3 Extension

Catch the Kindness:  
Using a ball,say  
something nice about  
yourself and the  
person to their right.  
Include everyone!



### Day 3- Community Clean Up Planning

Based on your observations yesterday, decide what you can tackle during the rest of this week. What project(s) can we accomplish quickly? One idea is to divide up into several smaller groups so your class can tackle multiple projects. Once the project(s) are identified, map out the steps and supplies needed.

### Day 4 Extension

RAK Share: Have  
students pair up and  
share one RAK  
they've done this  
week!



### Day 4- Community Clean Up Pt 1

Start Cleaning! Spend today really focusing on the project(s) chosen by the class. Make sure students understand the task at hand and the importance of giving their best. Kindness is shown in both words AND actions. Make sure to take a BEFORE picture to help students really see their impact.

### Day 5 Extension

Journal Entry: How  
were you kind to  
yourself this week?



### Day 5- Community Clean Up Pt 2

Finish Cleaning! Wrap up your project(s) today. Make sure to also take a picture of the completed project to share on the school website, etc. If time allows, reflect with your class on how it felt this week and what else still needs to be done within the community. We don't have to stop today!