

# Interactive RAK Notebook

One way to apply the Random Acts of Kindness principles throughout the year is to create an Interactive RAK Notebook beginning within this first unit. This simple composition notebook will allow you to infuse daily journal/writing time with the vocabulary of this program to expand the kindness conversation beyond 45 minute lessons once a week!

**Respect Sub-Concept(s)**

Self-care, Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**

- Composition Notebook (standard notebooks work as well)
- Basic art supplies
- Construction paper
- Glue
- Tabs (can use masking tape to make tabs if needed)

**Step 1:**

Have each student design the cover of their RAK notebook. The cover must include their name in some fashion. Encourage them to add things that make them special or set them apart from others. Examples might include hobbies, personal interests, favorite colors, subjects, animals, etc.

To create a cover, have each student measure a piece of construction paper to the size of the notebook and glue it down. Then have them decorate the cover.

**Step 2:**

Create a table of contents on the first page. Label it with all 6 Unit topics:

- Respect
- Caring
- Inclusiveness
- Integrity
- Responsibility
- Courage

**Step 3:**

Place a tab on the next page and label it Respect. You will need to add a new tab as you enter a new unit.

**Step 4:**

Look for prompts on when to use this RAK notebook in the Extension Activities section of every lesson for this 3rd grade curriculum. You can do as little or as many of the activities as you like. One idea is to use the RAK notebooks in place of your normal journaling prompts. This allows your class more exposure to the concepts and infuses your class with kindness through daily activities as well!



DESIGNATED BY CASEL  
AS A RECOMMENDED  
PROGRAM FOR SOCIAL  
AND EMOTIONAL  
LEARNING.

The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the CASEL Guide to Effective Social and Emotional Learning Programs.

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>