



Give A Little Love

A random act of kindness can travel around the world and all the way back to you... while lifting the whole world with it!

A random act of kindness, like helping someone carry a box, might change the world. We all live life as individuals and don't always see our connections. One random act of kindness helps you realize, and if someone witnesses your kind act, then they too will realize, until the whole world understands. Because once you perform a random act of kindness, it can travel around the world all the way back to you - and lifting the whole world with it.

Movie Link (02:49)

<https://youtu.be/PT-HBI2TVtI>

Motivational Discussion Questions (Select One)

- What if we committed to our own Random Act of Kindness challenge? What would that look like? (Example: everyone commits to one act of kindness a day and texts the group when they fulfilled theirs for the day and the RAOK. Do this for 5 consecutive days.)
- If you were to focus on giving a random act of kindness, how could that benefit you?