**Playbook to Inject the Healthy Undercurrent of Attachment**

*Unmet Primal Need Seed*

**Random Acts of Kindness**​



**Who:**​

* Mom and Baylee​

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**What:**​

* Mom and Baylee will do 12 “random act of kindness” in the next 30 days for

unsuspecting strangers.​

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**When:**​

* Three acts of kindness a week – specific days to be determined by Mom.​

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**Where:**​

* In the neighborhood​

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**How:**​

* Mom and Baylee will work together to create a list all the possible “random acts

of kindness” that they could do in the neighborhood. ​

* Mom will provide all the supplies or tools needed to do the “random acts of

kindness”​.

* After each “random act of kindness” is completed, Mom and Baylee will go

out for ice-cream to talk about what they did and how they think the

person will feel when they discover the act​.

* Once all 15 acts are completed, Mom and Baylee will type up their acts of

kindness and date the document and frame it to remember this time in

their lives​.