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

*Mental or Physical Impairment Seed*

**Random Acts of Kindness**

![C:\Users\Jenny Black PLL\AppData\Local\Microsoft\Windows\INetCache\IE\3JZ08IJB\769229489_5354103c07[1].jpg]()

**Who:**

* Kathy, Mom & Dad, and Brother-John

**What:**

* Each family member will commit to doing random acts of kindness toward each other as well as recognizing any random acts of kindness that others do in his or her.

**When:**

* Beginning today

**Where:**

* Random acts of kindness can be noticed anywhere the family is, but the tickets will be kept in the family room alongside the family “Acts of Kindness” jar.

**How:**

* Any family member will place one 'Random Act of Kindness Ticket in the family jar each time another family member is seen displaying any one or more of the following behaviors:
* Helping another family member without being asked
* Respecting of other person's property
* Honoring a request at 1st prompt
* Saying an encouraging word to another family member
* Each Saturday morning the jar will be emptied and the tickets read aloud and counted.
* A family ceremony will take place with the person who earned the most tickets. This person will enjoy an ice cream sundae, compliments of the rest of the family. He or she will also be allowed to sit in the front seat of the car for the remainder of the week whenever the family drives anywhere.
* Mom and Dad will provide the tickets (printed from the template below)

Random Act of Kindness Ticket

 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Act \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Witness \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_