

## Day 16 Random Acts of Kindness

### Starting Point:

Have you ever been on the receiving end of a random act of kindness?

Have you ever taken part in a RAK?

What (non-random) acts of kindness have been shown to you that you are grateful for?

### Quote:

Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart. Henry Clay

### Bible verse:

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.  
Galatians 5:22

### Inspiration:

RAK: <http://www.youtube.com/watch?v=eu9UtVaWYal>

Have you seen this film? Pay It Forward Trailer <http://www.youtube.com/watch?v=pCtXRP1edo>

Have a box of tissues with you if you watch the whole film!

And read this blog: <http://ticklestogiggles.blogspot.co.uk/2010/05/my-birthday-was-awesome.html>

### Technique Challenge:

Stamp with a mask

Be aware that Julie has entitled this video 'Stamping with your stencils' but she actually means a mask.

[http://www.youtube.com/watch?feature=player\\_embedded&v=6ikWvS5M49c](http://www.youtube.com/watch?feature=player_embedded&v=6ikWvS5M49c)

### Gratitude Challenge:

Is there a random act of kindness that you could do for someone today? If you do, tell us about it in the comments below.

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