

Motivation & Emotion: Pay It Forward Project Due : _____

Research suggests that people who fill their lives with random acts of kindness actually live happier lives. This is a project around that idea, but more of a challenge. Over the course of the next two-weeks, I want you to set a goal to complete 5 random acts of kindness. The actual psychology research states that the people in the study who were able to do all 5 random acts of kindness in one day felt exceptionally happier during the full duration of the study (it was 6 weeks). Your time constraints are obviously different. I want you to attempt 5 random acts of kindness in the allotted time, today being day 1. I will provide some examples and stipulations below.

Random Acts of Kindness Suggestions:

- Pay the bill of the driver behind you at a fast food chain (works good at Cookout).
- Volunteer to help a neighbor with outdoor work.
- Wake up early and put a neighbor's paper up by their door for a few days (Maybe even try it to your own parents since you'll be able to better see their reaction, especially if you can do it without being noticed).
- Call or visit an older family member and have conversation "just to talk."
- Bake some goodies for a neighbor.
- Give an extra-large tip at a restaurant you visit frequently.
- Write a kind letter to a random person from a family address book.
- Volunteer any amount of time at a local food bank, crisis center, animal shelter.
- Visit a local grocery store and volunteer to help elderly/handicapped people with their groceries.
- Create some pay it forward random act of kindness business sized cards and pass them out to strangers you encounter (be sure to save one for me).
- Any other creative ideas you may have just clear them with me.

Stipulations: Some random acts of kindness may not be large enough to produce an effect because it may be too common or experienced too frequently.

Do not count events such as:

- Holding the door open for someone.
- Passing out smiley-faced stickers
- Leaving a lucky penny in a parking lot for someone to find "Lincoln faced-up."





For the actual assignment, I would like you to **document these attempts** at random acts of kindness. You can do this whenever you'd like as long as it is complete before the due date.

Write a paragraph for each act of kindness describing the nitty-gritty around it including the who, what, when, and where information. Please include the date and time as well.

In total, this should be no more than 1 page (Single-Spaced), with at most, 5 separate paragraphs for the attempted acts of kindness, **and a reflection paragraph of your happiness as the conclusion**. Do you feel any happier? Are you any more motivated to help others? Do you feel any sense that in doing something good, you made yourself actually feel good too? These are the types of questions I'd like you to answer.

Obviously, this is an assignment you can totally fudge. While there is no way for me to ensure you are actually attempting these random acts of kindness, I am putting my trust in you that you will. This is not meant to be busy work nor tedious work, but simply to **demonstrate the effect a random act of kindness can have on you and a stranger**. Please consider actually completing the task at hand and I can promise you will probably feel pretty good once it is all said and done. If you choose to be devious and deceitful, you will most certainly not reap the feelings of happiness and you will most likely damage our class data.