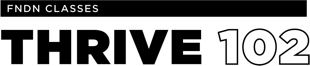
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**FNDN 102 Personal Application Assignment |** Acts of Kindness

**INTRODUCTION**

As humans, we naturally focus on ourselves. This is especially true during the years of emerging adulthood. While it is good to take care of ourselves, we miss out on so much in life if we are always focused on ourselves. As we get in the habit of serving others and showing kindness to them, our own lives are often surprisingly enriched.

*Random acts of kindness can help in many areas of human flourishing such as:*

* Emotionally: feeling good about ourselves.
* Spiritually: practically showing love to people God has made brings us closer to God.
* Relationally: being able to create positive connections with those around us.
* Occupationally: keeps us focused on true leadership – servant leadership.

**PART 1 | Doing Random Acts of Kindness**

For *five days* this week, endeavour to do at least one (preferably 2-3) random acts of kindness per day. Start to develop the habit of going through your day looking for opportunities to bless others. *Challenge yourself with this*. *Stretch yourself. Get out of your comfort zone*. At the end of each day, write down what you did to show kindness to others using the activity log below.

**PART 2 | Reflection**

After completing *five days* of performing random acts of kindness, write a one-page reflection that answers the following questions (one new paragraph per question, approximately 1/3 page each):

1. Who did you show the most acts of kindness to (e.g. family, friends, team mates, room mate, strangers, and why)? What act of kindness did you do most often and why?
2. How has this practice of kindness impacted your sense of self and flourishing?
3. Will you continue, alter or discontinue these acts of kindness and why?

**Formatting** Your reflection should be one page in length and in APA format (typed, 12 point font size, New Roman Times font, double-spaced with one-inch margins). Include a title page (there is a template on the Moodle site) and save your file as "First Name\_Last Name\_Acts-of-Kindness." Submit in Word™ or .pdf format on the Moodle site.

**ACTIVITY LOG**

|  |  |
| --- | --- |
| ***Day*** | ***Acts of Kindness***  ***Who, What, Where*** |
| **Monday** |  |
| **Tuesday** |  |
| **Wedenesday** |  |
| **Thursday** |  |
| **Friday** |  |
| **Saturday** |  |
| **Sunday** |  |

**MARKING RUBRIC**

|  |  |  |  |
| --- | --- | --- | --- |
| **ACTIVITY LOG** |  | **Value (10)** | **MARK (10)** |
| Log submitted (5) | including log in assignment (with minimal entries) | **1** | 1 |
| Log completed (5) | Quality of daily report | **9** | 9 |
|  | Subtotal | **10** | 10 |
|  |  |  |  |
| **REFLECTION** |  | **Value (35)** | **MARK (35)** |
| Questions answered | (3x1pt each) | 3 | 3 |
| Length (full page) | 1 – less than half / 1.5 – three quarters / 2 - complete | 2 | 2 |
| 1. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 2. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
| 3. Evidence of engagement | 5 – Basic response, undeveloped / 7.5 – Adequate detail, thoughtful / 10 – Detailed, thoughtful, articulate | 10 | 10 |
|  | Subtotal | **35** | **35** |
|  |  |  |  |
| **PROFESSIONALISM / FORMATTING** |  | **Value  (5)** | **MARK (5)** |
| Title Page | 0 – not included / 1 – not APA complete / 2 – APA complete | 2 | 2 |
| Grammar / Formatting | 1 = 4+ errors / 2 = 2-3 errors / 3 = no errors | 3 | 3 |
|  | Subtotal | **5** | **5** |
|  |  |  |  |
|  | Total | **50** | **50** |
|  |  | **5** | **5** |
|  | DEDUCTIONS (if applicable) |  |  |
| **COMMENTS** |  |  |  |
|  |  |  |  |