



Task Title: Random Acts of Kindness Day

OALCF Cover Sheet – Practitioner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

Task Description: The learner will read a short blog post about Random Acts of Kindness Day and draft their own messages of thanks and appreciation.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.2
- Communicate Ideas and Information/Write continuous text/B2.1
- Communicate Ideas and Information/Express oneself creatively/B4

Materials Required:

- Pen/pencil and paper and/or digital device
- Computer

Learner Information

Community events rely on people to promote awareness where they live. Learning more about different events can help you participate in your community.

Scan the card templates and read “How You Can Participate in Random Acts of Kindness Day”:

<https://www.canadahelps.org/en/giving-life/how-you-can-participate-in-random-acts-of-kindness-day-with-canadahelps/>





Work Sheet

Task 1: List three (3) acts of kindness someone could participate in without leaving their home.

Answer:

Task 2: Write a message of at least three (3) sentences to thank or appreciate a friend or family member.

Answer:

Task 3: Write a message of at least three (3) sentences to thank or appreciate a neighbour or acquaintance.

Answer:

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Task 4: Write each message into one of the card templates provided, or into a card you've designed yourself. In each card, include the name of the person you are appreciating.

Answer: No written response required here.

Task completed: Yes: ☐

Answers

Task 1: List three (3) acts of kindness someone could participate in without leaving their home.

Answer: Any three of

- support a fundraiser
- reach out to a loved one
- give the gift of giving
- send an e-card
- set up a monthly donation
- become a virtual volunteer

Task 2: Write a message of at least three (3) sentences to thank or appreciate a friend or family member.

Task 3: Write a message of at least three (3) sentences to thank or appreciate a neighbour or acquaintance.

Answers will vary. Following the article's example, the learner could let the person know they've been thinking about them, ask how they're doing, share a story, or recall a shared memory.

Task 4: Write each message into one of the card templates provided, or into a card you've designed yourself. In each card, include the name of the person you are appreciating.

Answers will vary.

Performance Descriptors

Levels	Performance Descriptors	Needs Work	Completes task with support from practitioner	Completes task independently
A1.2	scans text to locate information			
	locates multiple pieces of information in simple texts			
	makes low-level inferences			
	follows the main events of descriptive, narrative, and informational texts			
	obtains information from detailed reading			
B2.1	writes simple texts to request, remind or inform			
	conveys simple ideas and factual information			
	uses sentence structure, upper and lower case and basic punctuation			
	uses highly familiar vocabulary			
B4	express oneself creatively, such as by writing journal entries, telling a story and creating art			

This task: Was successfully completed ☐ Needs to be tried again ☐

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Learner Comments:

Instructor (print):

Learner (print):