

The Kindness Challenge - Rules and Regulations

Who can enter?

This contest is open to participants who attend any elementary, middle, high school, college or university in the state of Rhode Island and are part of an organized school group.

Do entrants need to be above a certain age?

Groups must have an advisor or group leader who is 18 years of age or older. The group leader will be listed as the contact person and will be considered the official applicant.

What qualifies as an Act of Kindness?

Acts of Kindness can be big or small. Pick up litter of the street you are walking down. Organize a class trip to a nursing home. There are no limits to Acts of Kindness. Ideas to get you started can be found here:

<https://www.randomactsofkindness.org/kindness-ideas>

Can Acts of Kindness or the submission presentation be used for class credit or community service hours?

FSRI can't give you class credit or sign off on your community service hours. Discuss the possibility with your Group Leader and school officials.

Are there any specific requirements for submissions?

The submission can be a document, slideshow, video, book, or any other type of compilation of documentation of the group's journey through the 125 Acts of Kindness. The submission may include written reflections, photos, video, art work, essays, poems, tweets, instagram and Facebook posts--any medium that captures the spirit of being kind, giving back, and creating positive change. Please number each Act of Kindness.

Each submission must include:

- The team name.
- A list of all group participants.
- The name and location of the participating school.
- The name and contact information of the group leader.
- Documentation/description of each of the 125 Acts of Kindness performed by the group.
- An overall description of the groups experience during the Kindness Challenge.

Can we post on Facebook, Twitter and other social media sites that we are participating in the Kindness Challenge?

FSRI encourages participants to use social media throughout the Kindness Challenge to promote their group's participation and to encourage others to act with kindness.

Use hashtags: #125Kindness #FSRIKindness Campaign

And/Or Tag Us on Facebook and Twitter: @FamilyServiceRI

How many times can a group enter?

Each group may only enter one submission.

How do we submit entries?

Submission may be received by email at cantwellka@familyserviceri.org or a hard copy may be submitted by mail to 9 Pleasant St, Providence, RI 02906.

All submissions must be received by **October 31st, 2017**. If the file is too large to be sent via normal email, please use this free and secure website

www.SendBigFiles.com.

You will receive an email from FSRI letting you know we have received your submission. If you do not receive an email within ten minutes of submitting please contact Kate for help at 401-447-0346.

How will the winners be chosen?

Winners will be chosen by a panel comprised of FSRI employees and board members.

When will the winners be announced?

Winners will be announced on November 13th on World Kindness Day.

How will winners be notified?

Winners will be notified via email by FSRI.

Are there prizes? What are the prizes?

Winning submissions will be shared on the FSRI website and via social media. Cash prizes of \$1000, \$750, and \$500 will be awarded to the top three presentations that best capture the spirit and theme of Kindness.

I still have questions ... who can I contact?

We are always happy to answer any questions you have. Simply email Kate Cantwell at cantwellka@familyserviceri.org or call us 401-447-0346.

The Kindness Challenge – How to Start

“We know that sometimes, it’s the little things that make the biggest difference. The simple act of being kind can help in ways that often nothing else can.”

The FSRI Kindness challenge is an opportunity for students and school officials to work together to actively promote kindness and creativity. The only limits to the challenge are the number and types of Acts participants can dream up.

Participation is easy and requires no entry fee.

Follow these easy steps to take the FSRI Kindness Challenge.

Take the FSRI Kindness Challenge!

- Organize a group of 2 or more.
- Choose a Team Name.
- Register with FSRI – Click on Register Now.
- Create social media sites to let others know what you’re doing and to track your progress. (Facebook, Twitter, Instagram, etc.)
- Perform 125 Acts of Kindness.
- Make sure to document those acts through images, video, artwork, short essays, reflections, poetry—any medium that fits your group.
- Combine all of your Acts of Kindness into a presentation.
- Submit presentation to FSRI by October 31, 2017
- Winners will be chosen by the FSRI 125 Kindness Committee.
- 125 Kindness Challenge winners will be contacted for an award presentation on November 13, 2017 – World Kindness Day.