

# WELLBEING ACTIVITY



KINDNESS  
RANDOM ACTS OF KINDNESS



"Other people matter."

Chris Peterson  
Key figure in the field of  
positive psychology

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# Welcome

## INTRODUCTION

Putting positive psychology into practice begins here.

Welcome to your activity booklet, a dedicated resource designed to help you tap into the transformative power of kindness in your daily life. Within these pages, you'll find the "Random Acts of Kindness" exercise—a simple yet impactful practice that encourages you to spread positivity and goodwill in small, meaningful ways. While life can present challenges, these acts of kindness remind us of our capacity to create joy for ourselves and others, fostering a sense of connection and community.

Crafted by experts in positive psychology and compiled by Work on Wellbeing, this booklet reflects our commitment to equipping individuals, workplaces, and communities with valuable tools for enhancing wellbeing. We invite you to approach this activity as a personal journey. Take a moment to perform a random act of kindness, and discover how this simple shift in focus can enrich your life and the lives of those around you.

We'd love to hear about your experiences and how you're integrating kindness into your daily routine.

Let's embark on this journey together toward a more compassionate and fulfilling life!



## RANDOM ACTS OF KINDNESS

### Research

Deliberately practicing kindness and becoming more aware of your own kind behaviour toward other people can positively impact wellbeing. One study by Sonja Lyubomirsky and her colleagues tested the impact of kindness on wellbeing.

They asked students to perform five random acts of kindness per week over the course of six weeks.

These kind acts were described as behaviours that benefit others or make others happy, typically at some cost to themselves (e.g., cook a meal for someone, donate blood, buy coffee for a colleague, help someone with gardening, or offer your seat to an elderly, disabled or pregnant person). Students in the control group did not receive any kindness instructions.

Those who did practice kindness experienced an increase in happiness.

### Advice

Kindness can involve both small and big gestures, from letting a car get in front in traffic to helping a friend move house. People also vary with regard to the kind acts they are amenable to giving and receiving. Do kind acts you are comfortable with and enjoy.

Researchers have found that the frequency of kind acts does not impact happiness; variety does. People who don't vary kind acts actually show a decrease in happiness over time. The kind act eventually receives less thanks and may even seem like a duty, chore or box-ticking exercise. A creative approach to kindness is far more sustaining and keeps things fresh and interesting.

## RANDOM ACTS OF KINDNESS

### Goal

The goal of this exercise is to increase wellbeing by performing acts of kindness.

### Instructions

Small acts of kindness can brighten another's day. They also brighten yours. Kind actions give us stories to tell to help us and others savour happy times. They also improve our self-image.

Every week, commit to making five random acts of kindness during the week. They can be large or small, it is your choice.

Be open to the unexpected. Capitalise on the urge to do good in the moment. Going out of your way to help a stranger who has lost their keys may only take a few moments of your time; to the other person, it could make the difference between feeling alone and on the verge of tears to feeling supported and energised. These random acts can be contagious.

Use the templates on the next pages to keep track.

# ACTIONS – RANDOM ACTS OF KINDNESS

This week I helped others by:

**ACT OF KINDNESS #1**

.....

.....

**ACT OF KINDNESS #2**

.....

.....

**ACT OF KINDNESS #3**

.....

.....

**ACT OF KINDNESS #4**

.....

.....

**ACT OF KINDNESS #5**

.....

.....

## INTENTIONS – RANDOM ACTS OF KINDNESS

Next week I intend to help others by:

**ACT OF KINDNESS #1**

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**ACT OF KINDNESS #2**

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**ACT OF KINDNESS #3**

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**ACT OF KINDNESS #4**

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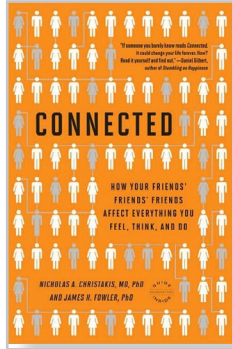
**ACT OF KINDNESS #5**

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## RANDOM ACTS OF KINDNESS



### More resources

#### **CONNECTED: THE SURPRISING POWER OF OUR SOCIAL NETWORKS AND HOW THEY SHAPE OUR LIVES**

by Nicholas Christakis & James Fowler

Renowned scientists Christakis and Fowler present compelling evidence for our profound influence on one another as they explain how social networks form, how they operate and how emotions and behaviours spread like a contagion.

### Further reading

Lyubomirsky, S., Tkach, C., & Sheldon, K. M. (2004). Pursuing sustained happiness through random acts of kindness and counting one's blessings: Tests of two six-week interventions. Unpublished data, Department of Psychology, University of California, Riverside.

Otake, K., Shimai, S., Tanaka-Matsumi, J., Otsui, K., & Fredrickson, B. L. (2006). Happy people become happier through kindness: A counting kindnesses intervention. *Journal of Happiness Studies*, 7(3), 361-375.

Langley Group Institute

—  
Where science meets  
life-changing growth.



Let's connect!

## ABOUT LANGLEY GROUP INSTITUTE

At The Langley Group Institute, we're dedicated to transforming lives with positive psychology and wellbeing science.

As an Australian Registered Training Organisation (RTO #40655), we offer government-accredited courses that blend learning with application. Our courses translate the latest science into actionable strategies you can immediately apply to your personal and professional life.

Our students join a community of like-minded people on a journey to better themselves and the people around them. You'll learn from an inspiring team of experts who help you get the most out of your experience, whether you're learning face-to-face or online.

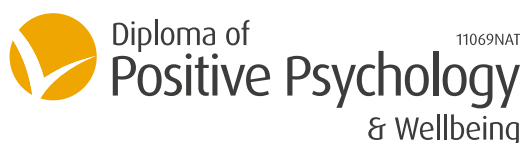
The best part of our courses lies in their impact. As you enhance your own wellbeing, you'll also gain the tools to influence those around you and create a ripple effect of positive change and transformation.

## OUR COURSES

Become the architect of your wellbeing with our [Certificate IV in Wellbeing Science](#).



Ignite personal growth and fuel positive change with our [Diploma of Positive Psychology and Wellbeing](#).



Find out more about our courses;  
click here:

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Or, if you're ready for a positive step forward,  
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