

# Mix It Up



The cafeteria can be a very stressful place for people who are shy or new students since everyone sits with their friends. If you don't have a lot of friends, that's intimidating! So, here's your chance to make it easier to meet new people!

**First:** Start a Mix It Up day campaign at your school. Start by talking to a teacher and school administrator to make sure they are on board with this activity and to help you select an ideal day. They may also have set rules about how you can promote this day. Visit <https://www.learningforjustice.org/classroom-resources/mix-it-up> for ideas.

**Second:** Get a few friends to help you out with the planning. Make posters or flyers, put a notice on the school announcements, and promote it on your social media. Spread the word about what you're trying to do and why.

**Third:** On the designated day, everyone should sit at a different table than normal at lunch, making a point of sitting with new people they don't know well.

**Fourth:** To make it easier for everyone, think of some ice breaker questions and tape them on the tables so people have built-in conversation starters!

**Fifth:** Don't get discouraged if some kids don't want to participate. That might happen, but focus on those who do. After the first time you do it, more people will get involved. You might even be able to make this a semi-regular event!

Need help completing your kindness act?

Reach out to our Student Group Coordinator for help with planning or assistance.

Need help with funding for your act? We can help you! Apply on the Random Acts website.

Changing the world one random act of kindness at a time

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