

RANDOM ACTS OF KINDNESS FOUNDATION

Random Acts of Kindness Day

Friday, February 17, 2023



Celebrate Random Acts of Kindness Day, February 17th, 2023!

You might just change someone's life - maybe even your own!

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." -Jamil Zaki

Together, we can show the world the amazing impact simple acts of kindness can have on the recipient, the giver and anyone who witnesses it.

Here's how:

Grab a piece of paper - write down your name and the name of someone you know, then leave a blank space for a stranger's name



Got it? Good!

During the upcoming week, do something kind for each person on your list. It could be anything. Maybe it's treating yourself to something you love, raking your neighbors leaves or complimenting someone you don't know.

That's it! It's that simple!

*check out [kindness ideas](#), calendars ([school](#), [work](#) and [home](#)) and our brand [new kindness poster](#) to help brainstorm ideas.

<https://www.randomactsofkindness.org/rak-day>

MAKE KINDNESS THE NORM ALL YEAR LONG:

1. Check out our kindness resources for [SCHOOL](#), [WORKPLACE](#) and [HOME](#)
2. [Sign up](#) to receive a kindness idea every Monday
3. Join the [RAKtivists](#) (Random Act of Kindness activists) community to receive exclusive resources along with behind the scenes pictures/videos of the Random Acts of Kindness Foundation.
4. Print [kindness quotes](#), color and hang up in areas to inspire yourself and others.

[ABOUT THE RANDOM ACTS OF KINDNESS FOUNDATION \(RAK\)](#)



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