

RANDOM ACTS OF KINDNESS FOUNDATION

Random Acts of Kindness Day
Friday, February 17, 2023



Participate in the first annual #KindnessExperience! You might just change someone's life - maybe even your own!

THE KINDNESS EXPERIENCE

This is a simple experiment for individuals to experience the scientific benefits of kindness.

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.

IT'S EASY AS 1, 2, 3:

1. Pick your top two [kindness ideas](#) and write each one on a separate piece of paper. Put the ideas in a container and randomly select one.
**Engage as many people as you can... wherever you spend your time! If you're an introvert like me, you can do it with your family or a close friend.*
2. Perform the act of kindness
3. Share how it went - tag [@rakfoundation](#) or email us info@randomactsofkindness.org

**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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