

make kindness the norm.™

You matter.

RANDOM ACTS OF KINDNESS DAY

February 17th

Leave a positive review for a local business.

Express your appreciation to the cleaning staff.

Denver Kindness 2
→ Kindness 1

Text a friend to ask how they are doing.

Use a reusable water bottle to stay hydrated.

Take a quiet walk and enjoy nature.

Take time to really listen to a friend.

Share your favorite book with someone.

Spend time outside with your pet.

RANDOM ACTS OF KINDNESS
FOUNDATION®

www.randomactsofkindness.org/rak-day



Celebrate all week!
Scan the QR code.