SHARE A SNACK.

GIVE OTHERS THE BENEFIT OF THE DOUBT.

DRINK A GLASS OF WATER.

DONATE BLOOD.

ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.

READ WITH A CHILD.

COMPLIMENT WITH RECKLESS ABANDON.

THANK A TEACHER.

OPEN DOORS FOR OTHERS.

SMILE.

USE A REUSABLE WATER BOTTLE.

SHARE YOUR FAVORITE SONG WITH SOMEONE.

OPEN

SUPPORT LOCALLY OWNED BUSINESSES.

TEXT SOMEONE A POSITIVE MESSAGE.

PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.

LEAVE AN EXTRA BIG TIP.

ENCOURAGE A FRIEND.

GIVE AN UNEXPECTED GIFT.

GO FOR A LONG WALK.

CELEBRATE SOMEONE ELSE’S ACCOMPLISHMENT.

PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART

SEND A THANK YOU NOTE

MAKE KINDNESS THE NORM!

RANDOM ACTS OF KINDNESS DAY
FRIDAY, FEBRUARY 17TH

LAUGH UNTIL YOUR BELLY HURTS.

LOVE WHO YOU ARE.

RANDOM ACTS OF KINDNESS FOUNDATION

www.randomactsofkindness.org