



RANDOM ACTS OF KINDNESS WEEK

How do we change the world? With one small act of kindness at a time. Join Kindness Matters 365 (KM365) in celebrating Random Acts of Kindness (RAK) Week Feb. 14–20, 2024. Observed annually worldwide, this weeklong initiative that includes Random Acts of Kindness Day® on Feb. 17 celebrates the immense impact that can be made simply by spreading more kindness. Throughout the week and on RAK Day, people are encouraged to perform Random Acts of Kindness, ranging from complimenting someone to donating to a favorite charity. The idea is to make the world better by spreading positivity and kindness and lifting others. **Here's a list of 20 simple yet impactful ways you can start spreading kindness today.**

- 1. Phone a Friend or Family Member:** Call someone you haven't talked to in a while and let them know you care.
- 2. Leave a Positive Note:** Write something nice on a post-it and stick it to a bulletin board or mirror.
- 3. Volunteer to Do Chores:** Whether it's laundry, taking out the trash, or washing dishes—do these chores so someone else doesn't have to.
- 4. Hold the Door:** Open doors for others or hold the elevator for someone rushing in.
- 5. Smile:** Smile at people passing by instead of staring at your phone.
- 6. Write a Letter:** Write to someone who has made a difference in your life and thank them.
- 7. Talk to Someone New:** Reach out to someone sitting alone and get to know them.
- 8. Let Someone Cut:** Let someone go ahead of you in line and get on with their day a little faster.
- 9. Thank the Janitor:** And any other service workers who make your life easier.
- 10. Give a Social Media Shout Out:** Send an influencer you follow a DM and let them know you love their content.
- 11. Plant a Tree:** Buy a seedling and plant it! Check out [A Living Tribute](#) and [National Jewish Memorial Wall](#).
- 12. Give a Compliment:** Tell someone they're awesome; they have an infectious laugh; they're an amazing friend!
- 13. Forgive:** Let go of that grudge you've been holding.
- 14. Pick Up Litter:** Don't leave it for someone else to pick up.
- 15. Donate Coloring Books, Crayons or Games:** To a local children's hospital or community group like [Bricks Busting Boredom](#) or [Best Foot Forward](#).
- 16. Return Your Grocery Cart:** And take someone else's with you while you're at it.
- 17. Donate to A Local Food Pantry or Collection:** The [Kindness Angels](#) and [TLC Little Free Pantry](#) are always in need of volunteers and donations!
- 18. Paint Rocks:** Add cheery designs, kind words; leave them for someone to find.
- 19. Leave Snacks for the Mail Carrier:** Or UPS driver or Amazon delivery driver.
- 20. Become A KM365 Ambassador:** Be a part of the change and help inspire and help our kids and teens! [Click here](#) to find out more!