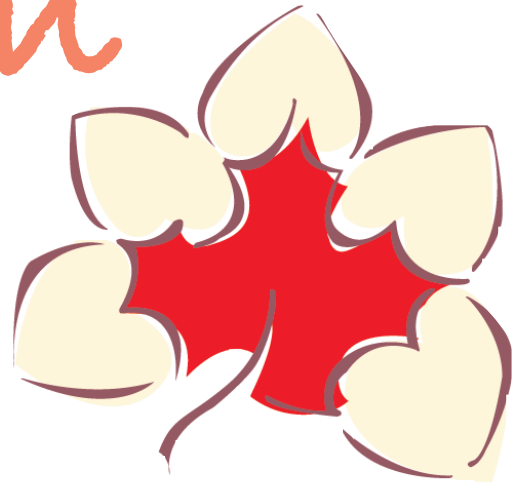


Random

ACTS



of
Kindness

Week

February 13-19, 2006

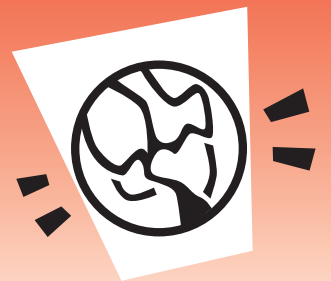
**Be Kind ...
To Yourself**



**Be Kind ...
To Others**



**Be Kind ...
To the Earth**



Be the change you want to see in the world

— Gandhi



- ♥ Greet people with a smile.
- ♥ Pay attention to positive news and pass it on.
- ♥ Pick up litter on the playground or in the park as you walk through.
- ♥ Call a friend or relative you haven't talked to in awhile.

People of all ages in all walks of life can make the world a kinder place.

Just be open to the opportunities that present themselves as you move through your days. Acts on thoughts of generosity that arise spontaneously in your heart and notice what happens!

Community groups, service clubs, businesses, health institutions, schools and churches can participate by being creative in their kind responses to those inside and outside their groups.

A kind act is "random" when it is unexpected – done simply out of the will to extend goodness, person to person, without expecting anything in return.

- ♥ Scrape the ice off someone else's car.
- ♥ Hold the door open for the next person coming behind you.
- ♥ Give your pet a special treat.
- ♥ Shovel a walk for a neighbor.
- ♥ Stop for a pedestrian who is waiting to cross the street.
- ♥ Donate an hour of your time as a gift to someone else.
- ♥ When you feel someone has done a great job – tell him or her.
- ♥ Collect items for the food bank. Support other important causes.
- ♥ Write a thank-you note to someone who made a difference in your life.
- ♥ Help someone find a solution instead of giving advice.
- ♥ Be a distributor of hope today.
- ♥ The next time someone speaks to you, make a point of really listening.
- ♥ When someone is trying to merge into our lane of traffic, let him/her in.
- ♥ Drop off a positive note and a treat on a co-worker's desk.
- ♥ For one day or week, choose not to pass along gossip you hear.
- ♥ Always try to leave a place better than you found it.
- ♥ Whatever the topic of conversation is, choose to discuss just the positive side of it.
- ♥ Forgive someone.
- ♥ Resolve not to magnify small problems.
- ♥ For one day, act on every single thought of generosity that arises and notice what happens.

Kindness is in season all year round

For other kindness ideas and inspirations please visit:



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