

RANDOM ACT OF KINDNESS DAY

2022

WHAT IS IT?

Random Acts of Kindness Day is a day to celebrate and encourage random acts of kindness, to yourself and others. To focus on being kind to ourselves and others and it is growing in popularity. It is celebrated by individuals, groups and firms on a particular day to encourage kindness.

RAOK is an opportunity to do something kind for someone, to appreciate fellow citizens and for community building – **it's NOT about fundraising or giving money** – just a day to celebrate kindness. Simple acts of kindness are endless; buy someone a coffee, congratulate someone on a job well done, offer to drive someone to an appointment, rake leaves for a neighbour or visit a retirement home.

There are many people we need to thank for their support, especially during these times. Random Act of Kindness Day (RAOK) is a time to go outside of your comfort zone (or not) and be loud with your kindness. We've got some ideas for how you can **#MakeKindnessTheNorm!**

WHEN IS IT?

Random Acts of Kindness Day® will be celebrated on **Thursday February 17, 2022** as well as the Random Acts of Kindness Week which commences **February 13th until the 19th, 2022.**



HOW CAN I GET INVOLVED?

There are many ways to get involved!

You can create your own ideas or even participate in the various activities during Random Acts of Kindness week which can be found on the website

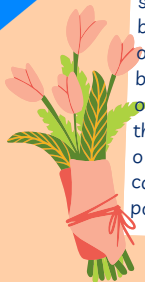
www.randomactsofkindness.org these include writing a letter, becoming a **Raktivist** and even a **colouring competition!** This is something the whole family can get involved!

Another really **important** way is to spread awareness by using one of the many #'s related to RAOK.



HELPFUL IDEAS

- o Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
- o "Want me to pick something up for you?" If you know someone is overwhelmed – perhaps by a new baby, family health issues, or something else – give them a call when you're going out to the store. Ask if they'd like you to pick something up. We've been the beneficiaries of this random act of kindness, and it's great.
- o Put a surprise note or sketch in with your spouse's or kid's lunch box.
- o Why not take flowers to the nursing station at a hospital — for the nurses.
- o Say "thank you" to someone who made a difference. . . . Send a card to people who dedicate their lives to helping us – soldiers, police officers, fire officers and teachers to name a few.



WHAT ARE THE BENEFITS

- o Increased feelings of meaning and purpose. Participating in acts of kindness can lead you to discover your true purpose.
- o Increased employee motivation and retention. Treating employees with compassion and kindness makes them even more motivated to reach goals and stay at your company.
- o Decreased stress levels. There is actual science-based data that shows that kindness can be great for our minds and bodies.
- o A better sense of connectedness. Doing something good for others creates bonds and connections that help reduce feelings of depression and isolation.
- o It makes you feel good. Helping others can give you a "helper's high," as increased levels of dopamine and serotonin are released when activated by positive thoughts.

AND IT COSTS NOTHING!

It's important to realise that being kind doesn't have to be costly, you will do many things every single day that are kind and that are just second nature, that are free, however, that kindness can have a massive impact on someone's day, we need to be kinder as a society and using Random Act of Kindness day can be the start, we don't need to do this for just one day a year. We can make it part of our daily mission!

