

FEBRUARY 2022

KINDNESS

KINDNESS IS NOT WHAT YOU DO, BUT WHO YOU ARE. —RAKTIVIST

SUN	MON	TUE	WED	THU	FRI	SAT																																																																																																		
30	31	1 Say "Good Morning" to the first person you see.	2 Send a thank you email to a colleague or supervisor.	3 Eat lunch with someone new.	4 Post inspirational notes in public areas for others to find.	5 Smile!																																																																																																		
6 Compliment the first three people you talk to today.	7 Help a co-worker with a project.	8 Take time for yourself when overwhelmed. Take a walk and get a glass of water.	9 Introduce yourself to someone you see frequently but haven't yet met.	10 Always assume the best of others.	11 Schedule downtime to connect with those in your office through lunch, team building, or games.	12 Relax and do something you enjoy.																																																																																																		
BEGINNING OF RANDOM ACTS OF KINDNESS WEEK Follow The Random Acts of Kindness Foundation on social media for RAK Day activities and resources.	13 Give a co-worker a gift card to a tea or coffee shop with a note inviting them to take some relaxation time.	14 Today, remember how proud you were of something you did as a child and do it again!	15 Write a letter or card and mail it to someone who isn't expecting it.	RANDOM ACTS OF KINDNESS DAY Take five \$1 dollar bills and get out in your community; see what opportunities present themselves.	16 Take time to reflect and think of someone who brings joy and happiness into your life.	17 Plant a local pollinator friendly plant or flower.																																																																																																		
20 Become a RAKtivist at randomactsofkindness.org .	21 Bake something and share with your colleagues.	22 Spread good news.	23 Offer to mentor a new employee.	24 Pass on your favorite books.	25 Write a positive LinkedIn review for a co-worker.	26 Compliment someone who deserves it.																																																																																																		
27 Take the day to do whatever YOU want.	28 Bring a plant to a co-worker who could use a pick-me-up.	1	2	<p style="text-align: center;">JANUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> </table> <p style="text-align: center;">MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> </table>			S	M	T	W	Th	F	S	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	S	M	T	W	Th	F	S	27	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9
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Did you know there are scientifically proven benefits of being kind?

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to "pay it forward." This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!

This month, celebrate Random Acts of Kindness Week (February 13-19) and reap some of those benefits for your team.

Jamil Zaki, Assistant Professor of Psychology at Stanford University for Scientific American, July 26, 2016



randomactsofkindness.org/rak-day

Join our first annual coloring contest in celebration of Random Acts of Kindness Day!