

# Random Acts of Kindness Week



Day 1: Sunday, February 17, 2019

**NATIONAL RANDOM ACTS OF KINDNESS DAY**

**Be kind to your family.**

“Families are like fudge ... mostly sweet with a few nuts.” – Unknown

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DAY 2: Monday, February 18, 2019

***Value friendship.***

**“The only way to have a friend is to be one.”**  
**– Ralph Waldo Emerson**

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DAY 3: Tuesday, February 19, 2019

***Offer kindness to someone  
you don't know.***

**“A kind and compassionate act is often  
its own reward.” – William John Bennett**

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DAY 4: Wednesday, February 20, 2019

***Give generously.***

“A person’s true wealth is the good he or she does in the world.” – Mohammed

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DAY 5: Thursday, February 21, 2019

***Listen Intentionally.***

“Real listening always brings people closer together.” – Meg Wheatley

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DAY 6: Friday, February 22, 2019

***Reach out to someone who is going through a difficult time or just having a bad day.***

**“No act of kindness, no matter how small, is ever wasted.” – Aesop**

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The Future:

***Pass it on and keep it going.***

The week might be over, but we hope you will develop the habit of doing intentional acts of kindness and keep passing it on.

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you can.”

– John Wesley