

Random Acts of Kindness Week

Northfield Shares invites everyone to participate in Random Acts of Kindness Week and experience the utter joy that comes from doing good things for others. To help get things started, here is a template for the week, complete with a daily theme, thought for the day and a few ideas or tips to make it easy to participate. You can find additional resources at northfieldshares.org/kindness including links to other teaching and motivational resources.

DAY 1: SUNDAY, FEBRUARY 17

NATIONAL RANDOM ACTS OF KINDESS DAY

Theme: ***Be kind to your family.***

Quote for the Day: "Families are like fudge ... mostly sweet with a few nuts." – Unknown

Ideas/Tips: Help with chores; run an errand for a busy family member; give your family members hugs; tell your family why you love them; hold a family movie night or a family game night, make a meal together.

DAY 2: MONDAY, FEBRUARY 18

Theme: ***Value friendship.***

Quote for the Day: "The only way to have a friend is to be one." – Ralph Waldo Emerson

Ideas/Tips: Do a good deed for a friend; call a friend just to see how they are doing; mend a relationship or reconnect with an old friend; tell your friends why you appreciate them; give your friend a small, thoughtful gift; treat your friend to lunch or coffee; give your friends a hug.

DAY 3: TUESDAY, FEBRUARY 19

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

Quote for the Day: "A kind and compassionate act is often its own reward." – William John Bennett

Ideas/Tips: Scrape the snow off a stranger's car; visit someone in a nursing home who doesn't get many visitors; hold the door for someone and say, "Good morning" or "Good afternoon"; give another driver your parking spot; send a care package to someone serving in the military; pay for a stranger's gas, groceries, coffee or fast food order; befriend a new student or co-worker; offer sincere compliments

DAY 4: WEDNESDAY, FEBRUARY 20

Theme: ***Give generously.***

Quote for the Day: "A person's true wealth is the good he or she does in the world." – Mohammed

Ideas/Tips: Donate to your favorite charity; donate books to the school or library; sort through your clothes and donate nice, unwanted, in-season clothes to the Community Action Center's Clothes Closet; collect non-perishable food items for the local food shelf; donate blood; volunteer at a local nonprofit organization.

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DAY 5: THURSDAY, FEBRUARY 21

Theme: ***Listen Intentionally.***

Quote for the Day: “Real listening always brings people closer together.” – Meg Wheatley

Ideas/Tips: Listen without interrupting, Listen to understand. Have a conversation with someone you don’t usually talk to or someone you don’t know; sit with someone new at lunch; take a treat to a new neighbor; invite someone you would like to get to know better out for lunch or coffee.

DAY 6: FRIDAY, FEBRUARY 22

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

Quote for the Day: “No act of kindness, no matter how small, is ever wasted.” – Aesop

Ideas/Tips: Send a card or flowers to a sick friend; take a meal to someone recovering from surgery; run an errand or shovel snow for a neighbor with an illness in the family; volunteer to babysit for a few hours to give a single parent a break; remember the bereaved with phone calls, cards, plants and food.

THE FUTURE

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

Quote to Remember: “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

Ideas/Tips: Reflect on what you learned this week. Take the Northfield Shares volunteer pledge, a personal pledge to volunteer at least five hours per month in some type of volunteer activity. We will encourage you to continue your good work and we will help make it easier by giving you service and kindness ideas. Visit northfieldshares.org/pledge to take the pledge.

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

If you have any questions or ideas to make this celebration of Random Acts of Kindness Week more meaningful, email info@northfieldshares.org or call 507-403-9755. Be sure to visit northfieldshares.org/kindness for daily signs and a list of 50 kindness ideas.