

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, quote for the day, and a few ideas to make it easy for you to participate. You can find additional resources at northfieldshares.org/kindness including links to other teaching and motivational resources.

DAY 1: MONDAY, FEBRUARY 15

Theme: *Respect – Treating people, places, and things with kindness.*

Quote for the Day: “Kind words do not cost much, yet they accomplish much.” – Blaise Pascal

Ideas: Help a neighbor clear the snow from their driveway; run an errand for a busy family member; take time to catch up with an elderly relative and spend time listening to them; get coffee in your reusable mug and keep a disposable cup out of the landfill; fill your birdfeeder – our feathered neighbors need kindness, too.

DAY 2: TUESDAY, FEBRUARY 16

Theme: *Caring – Feeling and showing concern for others.*

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

Ideas: 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 family why you appreciate them; give your friend a small, thoughtful gift; treat a co-worker to lunch or coffee.

DAY 3: WEDNESDAY, FEBRUARY 17 - NATIONAL RANDOM ACTS OF KINDNESS DAY

Theme: *Inclusiveness – Including others, inviting them in, and welcoming them with open arms.*

Quote for the Day: “The smallest act of kindness is worth more than the greatest intention.” – Kahlil Gibran

Ideas: Scrape the snow off a stranger’s car; 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: THURSDAY, FEBRUARY 18

Theme: *Integrity – Acting in a way you know to be right and kind in all situations.*

Quote for the Day: “When words are both true and kind, they can change the world.” – Buddha

Ideas: Donate to your favorite charity; hold the door open for someone behind you; donate books to the school or library; pay for the next order at the drive through and start a pay-it-forward chain reaction; 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: FRIDAY, FEBRUARY 19

Theme: **Responsibility – Being reliable to do the things that are expected or required of you.**

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

Ideas: Listen without interrupting, listen to understand; arrive at work or school on time; have a conversation with your new co-worker, welcoming them to the team; sit with someone new at lunch; get your work or homework done in a timely manner; pay your bills on time and consider donating to your favorite charity; invite someone you would like to get to know better out for lunch or coffee.

DAY 6: SATURDAY, FEBRUARY 20

Theme: **Courage – Being brave when facing new or difficult circumstances.**

Quote for the Day: “When we seek to discover the best in others, we somehow bring out the best in ourselves.”
– William Arthur Ward

Ideas: Sign-up for a new volunteer opportunity that stretches you and pushes you outside your comfort zone; send a card or flowers to someone who could use a day-brightener; 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: Reflect on what you learned this week. How can you incorporate kindness into your daily life? **Sign-up in the Northfield Shares Volunteer Portal to learn about ongoing volunteer opportunities!** Post your photos and stories from the week on Facebook and tag @NorthfieldShares – we can’t wait to celebrate all of the great things happening in our community! 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 additional resources!