

acts of kindness - a special advertising feature of the waterloo region record



### RANDOM ACTS OF KINDNESS SUGGESTIONS FOR FAMILY, FRIENDS, CO-WORKERS, CLASSMATES.....

1. Send a letter, a card, or make a telephone call to a long lost friend or relative and renew that relationship.
- 2. Invite someone to dinner who is alone or on their own.**
3. Visit a shut-in, elderly friend, or someone who is sick.
- 4. Offer a ride to someone to appointment, shopping etc.**
5. Send a thank you/congratulatory note to a co-worker/classmate, appreciating their efforts and the difference they make.
- 6. Assist a co-worker or classmate with a project.**
7. Dedicate a song to a special someone on the radio.
- 8. Prepare a favourite meal/snack for family or friend.**
9. Share your professional expertise with someone in need of that help.
- 10. Offer your services of childcare to allow a new mother some personal time.**
11. Take the garbage out for your neighbour.
- 12. Let someone into line with fewer items than you at the store.**
13. Help rake your neighbour's leaves.
- 14. Assist with household activities.**
15. Smile, talk, or "hang out" with a co-worker/classmate with whom you may not usually do so.
- 16. Wash and vacuum someone's car.**
17. Store furniture for someone.
- 18. Help someone move.**
19. Loan your bicycle/car/tools to someone.
- 20. Share your discount coupons.**
21. Let your staff go home a few minutes early.
- 22. Write a poem/song/paint a picture for someone.**
23. Teach someone a new skill.
- 24. Call or email a long lost friend or relative and get reconnected.**
25. Open and hold a door for someone.
- 26. Help someone obviously struggling with a heavy load.**
27. Carry groceries to the car and return the cart for a parent with a child, or a senior etc.
- 28. Volunteer your time and skills.**
29. Come to work early and make coffee for your co-workers.
- 30. Offer your parking space to someone; give your "pay and display" with time left on it to someone.**
31. Gather up your gently used clothes, toys, furniture, and books and donate them to appropriate organization.
- 32. Safely assist someone in need of roadside help.**
33. Congratulate/comfort a team mate.
- 34. Let someone into the line of traffic.**
35. Leave a thank you note for the paperboy/postal worker.

Join us in celebrating Random Act Of Kindness Day on Friday, November 12, 2010!

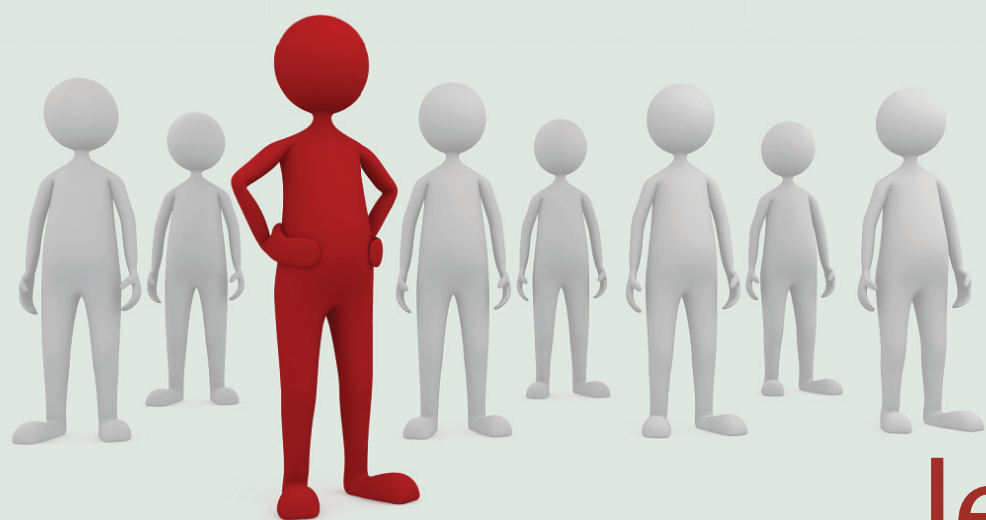
## Random Act Of KXndness Day®



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THE KITCHENER AND WATERLOO COMMUNITY FOUNDATION

## Celebrate and Support

# Random Act Of KXndness Day®

Complimentary Skills Testing will be carried out on **RAK Day - November 12, 2010**  
To book your test! - Call: (519).576.0920

Visit Grand River Personnel's **NEW! Website:** [www.grandriverpersonnel.ca](http://www.grandriverpersonnel.ca)  
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