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The Community Foundation of Southeastern Alberta is celebrating 25 years of giving back to our region, and 5 years performing Random Acts of Kindness. To celebrate, we're asking you to Pay it forward and let us know (@RAKDAYMH) how you are spreading kindness in your community!

25 Ways to Be Kind

1. Tweet or Facebook message a genuine compliment to three people right now.
2. Bring doughnuts (or a healthy treat, like cut-up fruit) to work.
3. While you're out, compliment a parent on how well-behaved their child is.
4. Cook a meal or do a load of laundry for a friend who just had a baby or is going through a difficult time.
5. If you walk by a car with an expired parking meter, put a quarter in it.
6. Each time you get a new piece of clothing, donate an old one.
7. Don't interrupt when someone else is speaking.
8. Email or write an old teacher or person who made a difference in your life.
9. Compliment someone to their boss.
10. Leave a nice server the biggest tip you can afford.
11. Smile at someone on the street, just because.
12. Let someone into your lane. They're probably in a rush just like you.
13. Let the person behind you at the supermarket checkout with one or two items go ahead of you.
14. Give someone a book you think they'd like.
15. Give someone a hug.
16. When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
17. Put sticky notes with positive slogans on the mirrors in restrooms.
18. Hold the elevator.
19. Leave some extra quarters in the laundry room.
20. Write your partner or friend or boss a list of things you love about them.
21. Give up your seat to someone (anyone!) on the bus or subway.
22. Tell your siblings how much you appreciate them.
23. Plant a tree.
24. Every night before you go to bed, think of three things you're grateful for.
25. When you hear that negative, discouraging voice in your head, remember to leave yourself alone — you deserve kindness too!