Random Acts of Kindness Day

Saints in Key Club passing out water at the Especially For You Race.

Saints showing kindness

Key Club making Valentine's Day cards for healthcare workers.

FEBR17UARY 2022

Ideas

1.) Donate clothing to a second hand store
2.) Pay for the person behind you in a drive-through
3.) Send flowers or a gift to a friend
4.) Call a loved one you do not see often
5.) Hold the door open for someone
6.) Give someone a compliment
7.) Smile at a stranger

What is it?

Random Acts of Kindness Day was created in Denver, Colorado by the Random Acts of Kindness Foundation. The idea behind this day was to make the world kinder and brighter through small and kind gestures, words, and actions.

People who continuously engage in kindness have 23% less cortisol, the stress hormone, and tend to age slower!

Evan Dempewolf '22

"I compliment my friends to boost their self esteem."

Gracie Hines '24

"I love reminding people that I appreciate them. I love doing it because feeling loved and appreciated is one of the best feelings."

Emma Kyes '24

"I enjoy doing random acts of kindness because just sharing a smile or a kind word can brighten someone's day, even if it means nothing to you."