



## Random Act of Kindness Day

Random Act of Kindness Day is celebrated by individuals, organizations, schools, service groups and businesses. It's one day each year where the community works together to do intentional acts of kindness.

It's an enjoyable day that many people in our community look forward to and love being involved in.

On Friday, February 17 our community will be celebrating **Random Act of Kindness Day**. This day has been earmarked by the Brant Community Foundation as a day to recognize kindness and humanity in Brantford, Brant County, Six Nations of the Grand River and Mississaugas of the Credit First Nation.

This year, our theme is "Celebration of Kindness". We invite you to experience the joy of kindness!

Random Act of Kindness Day was developed with two goals in mind:

- to help reinforce the Brant Community Foundation's vision of building a better community
- to encourage the "pay it forward" philosophy throughout our community.

### **How can you get involved?**

Everyone is encouraged to do a kind act on Random Act of Kindness Day, but some organizations, businesses, schools, and service groups want to do something on a bigger level involving more people or to recognize an individual in the community.

### **Here are some tips to get involved:**

- Decide what you'd like to do and make a plan for your day.
- Head out into your community to do your act (s) of kindness, or create your gesture however it works best.
- Join our "Sign Challenge" For guidance and more information: RAK Day Sign Challenge

- For educators to lead “Kindness in the Classroom” sessions, the Random Act of Kindness Foundation has plenty of resources:  
<https://www.randomactsofkindness.org/for-educators>
- Share on social media via Facebook Live, Facebook, Twitter, and Instagram using the hashtag #CelebrateKindnessBCF.
- Don’t overthink your random act of kindness! Even the simplest things can make a difference.

**Follow Random Act of Kindness Day on Social Media:**

Facebook: @Brant Community Foundation

Twitter: @BrantCommFdn

Instagram: @brantcommunityfoundation

For more information call, the Brant Community Foundation at 519-756-2499 or visit [www.brantcf.ca](http://www.brantcf.ca).

Your participation will encourage our community to take a moment to slow down from their fast-paced life and reflect on how kindness really makes an impact on the life of another. Random acts of kindness are a wonderful way to touch the lives of another and make our world a better place. Please help us to put a human face on our community by becoming a community partner celebrating **Random Act of Kindness Day!**

**Links:**

Kindness Ideas: <https://www.randomactsofkindness.org/kindness-ideas>

Kindness in the Classroom: <https://www.randomactsofkindness.org/for-educators>

Kindness at School, at Work, at Home: <https://www.randomactsofkindness.org/>

Kindness Poster: [The Random Acts of Kindness Foundation | Kindness Printables](#)

**Thank you for helping us spread kindness throughout our entire community!**

**Random Act of Kindness Day Committee - Brant Community Foundation**

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