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## RANDOM ACTS OF KINDNESS

[WWW.ACTSOFKINDNESS.ORG](http://WWW.ACTSOFKINDNESS.ORG)

### Introduction - Our Vision

The Kindness Movement is an international movement dedicated to making the world a kinder place. Our goal is to demonstrate the extraordinary power and importance of simple human kindness by promoting the practice of kind acts, large and small, on a regular basis.

### Mission

The Random Acts of Kindness Foundation supports the Kindness Movement by encouraging and assisting individuals and groups who wish to perform kind acts. We provide leadership, inspiration, guidance, educational and promotional materials, and opportunities to connect with people around the world.

To learn more, visit:

- [www.actsofkindness.org](http://www.actsofkindness.org)
- [www.worldkindness.org.sg](http://www.worldkindness.org.sg)

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*Information and logo  
taken from Random Acts  
of Kindness Foundation  
Web-site.*

## WORLD KINDNESS WEEK



NOV. 9-15, 2009

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### Directions:

1. Print front and back on one sheet
2. Cut out along heart outline
3. Fold on the dotted line
4. Have the children return it after the week is up

## RANDOM ACTS OF KINDNESS

Random acts of kindness are unexpected nice things you do for other people.

These simple acts can make such a difference in someone's day and bring joy to their life.

Try to do at least one Random Act of Kindness every day during this week! Here are some ideas to get you started.

Watch out, these acts are contagious! Think of the happiness you can spread! Remember, you don't have to stop when the week is up!!

KEEP IT GOING!!

SPREAD SOME JOY!!

MAKE A DIFFERENCE!!

## TRY SOME OF THESE IDEAS!

- Set the table without being asked
- Clean something up without being asked
- Tell someone you love them before they tell you
- Smile and say thank you to your bus driver
- Say thank you to your teacher
- Thank your school custodian
- Help someone on the playground
- Carry something for someone
- Smile and say hi to someone new
- Ask your teacher if there is something you can do to help
- Pick up some litter
- Write a letter to someone in your family telling them why you think they are special
- Compliment a friend
- Hold a door open for someone
- Compliment a brother and/or sister
- Tell your parents you appreciate them
- Anything else you can think of!

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Check out The Random Acts of Kindness Foundation web-site for more ideas!

[www.actsofkindness.org/inspiration/download](http://www.actsofkindness.org/inspiration/download)

The Random Acts of Kindness Foundation web-site has bookmarks, stickers, t-shirt designs and more available to download!

[www.actsofkindness.org/graphics](http://www.actsofkindness.org/graphics)