



# Kindness

/'kaɪndnəs/

*noun*

The quality of being friendly, generous, and considerate.

Each year, on February 17th, the nation looks to celebrate others through an act of kindness. Through the generosity of citizens, community leaders, churches, nonprofits, and businesses we can **be a light of hope** in a world that may often feel like darkness. The act of kindness can be big or small. The beauty of the act is that you thought enough to spread kindness throughout your community.

Join us on  
**Friday, February 14th**  
as we celebrate  
**United Acts of Kindness Day**  
and spread kindness throughout our community.

.....  
United Acts of Kindness is a day for our community to come together to spread joy, hope, and love to friends, family, co-workers, and neighbors.  
.....

**Goal:**  
**1,000,000**  
United Acts  
of Kindness

**Who can participate?**  
**Everyone!**

This day will take the entire Community.  
We aim to add nine lead partners  
with no financial commitment.



# United Acts of Kindness

## Ways to Get Involved

Give someone a thoughtful gift  
(It does not have to be expensive)

Hold the door open for someone

Write someone a thank you note

Send someone an email just to say hello

Call a friend or family member for no reason other than to chat

Pay the toll for the driver behind you

Pay for someone's groceries at the grocery store

Buy someone a cup of coffee

Let someone cut-in in traffic

Give up a parking space to someone and park further away

Give up your place in line at the bank, grocery store, etc.

Pay someone a genuine and heartfelt compliment

Send flowers to someone, just because

Plant a tree or a plant

Do not complain about anything the entire day

Cook or buy some food for someone

Donate gently used or no longer needed items/clothes

Take the time to listen to someone attentively rather than monopolize the conversation

Take your grocery cart back to the store after you are done

Bake cookies or a cake for someone

Forgive someone who has wronged you

Tip someone you wouldn't ordinarily tip

Tell your parents how much you love and appreciate them

Offer to babysit for someone

Do not gossip about anyone the entire day

Thank your mailman for his hard work

Give someone an inspiring book

Donate books to the library

Pick up trash that you see

Call your grandparents to chat

Make a donation to a worthy cause  
(It does not have to be a lot)

Put your phone away when in the company of others and do not keep checking it

Smile at someone random

Hug someone to show you care

Put positive sticky notes in places where others will see them and be uplifted

Serve at a homeless shelter

Write or tell your partner what you love about him or her

Say thank you to the janitor at your office, school, or gym

Frame a friend's favorite quote or lyric and give it to them

Drop off cat or dog food at an animal shelter as they are always in need

Be patient, kind, and gracious to the customer rep on the phone

Tell a police officer how much you appreciate him or her

Apologize to someone, even if it is not your fault

Thank your garbage collectors for their hardwork

Stick a few coins on a gumball machine for a kid to use

Get a free 1-week pass to your gym and give it to a friend or family member

Place a happy or positive sign in your front yard

Help retrieve your neighbor's garbage can from the curb after collection

Compliment a parent with polite and well-behaved children

Leave only positive comments and responses on social media

Share a friend's blog, business website, or art on social media

Leave a box of tennis balls at the dogpark with a sign that explains it is meant for dog owners to use to play with their dogs

Place a positive or happy sign or sticker on your car so that is visible to other drivers

Recommend someone for a job opening

Donate blood

Pay for someone else's meal anonymously at a restaurant

Drop-off personal hygiene items or diapers at a local shelter

Do not correct someone, especially in public, even if you know they are wrong

Keep an extra umbrella in your car to lend someone in the event of rain

Compliment a stranger

Leave your waitperson a generous tip

Pass out treats at a dogpark

Write notes of gratitude to your co-workers, friends, and family

Source: <http://www.skilledatlife.com/70-simple-random-acts-of-kindness-you-can-do-every-day/>

[unitedactsofkindness.org](http://unitedactsofkindness.org) | #UnitedActsOfKindness





# United Acts of Kindness

## Best Practices



### Early Planning and Coordination

- Start planning well in advance to ensure all logistics are in place.
- Establish a planning committee to help coordinate your efforts. Meet regularly to discuss logistics.
- Create a budget for swag and activity expenses.
- Visit the UAK website and utilize the resources available to you.
- Order supplies/swag from the UAK website as soon as it becomes available.



### Training and Guidelines

- Send save-the-date reminders to your employees and community/business partners in **November**.
- Attend UAK Community Partner Training on **December 5th**.
- Encourage creativity and innovation in the acts of kindness shared.



### Define Clear Objectives

- Clearly define the goals and objectives of the day with your team, such as the number of acts of kindness you've committed to, impact areas, or specific community needs to address.



### Tracking & Reporting

- Encourage employees to report their activities and share their stories.
- Log Acts of Kindness at [unitedactsofkindness.org](http://unitedactsofkindness.org).



### Feedback & Reflection

- After the event, gather feedback from participants to learn what went well and what could be improved for future initiatives.
- Share the impact of the event with the community to showcase the collective effort.



### Sustainability

- Consider how this initiative can have a lasting impact beyond just one day. Explore ways to continue community involvement throughout the year.



### Employee Engagement

- Encourage active participation from your employees.
- Promote the event internally through email, meetings, and announcements.
- Provide incentives or rewards for employee involvement, such as recognition or prizes.
- Have smaller activities leading up to United Acts of Kindness Day so that more employees can take part.
- Provide in-house opportunities for staff who will not have the opportunity to leave work to participate in outside activities on United Acts of Kindness Day.



### Employee Coverage

- Ensure that essential functions are not compromised during the event by planning for adequate employee coverage.
- Consider flexible scheduling or tiered hours to allow all employees to participate during work hours.



### Family, Friends, & Cohorts Involvement

- Encourage employees to involve their families, friends, and neighbors in United Acts of Kindness Day.
- Create family-friendly activities to make it easier for families to participate.
- Invite other businesses and non-profits to participate alongside you.



### Promote What You Do!

- Utilize social media, your website, and any other organic means you have to spread the word.
- Create buzz and excitement by promoting early.



### Celebrate Success

- Host a closing ceremony or recognition event to celebrate the achievements of the day and acknowledge the contributions of participants.
- Host a Kick-Off meeting with your staff and include any community partners in person or Webex.