

Tell us what you think!



RANDOM ACTS OF KINDNESS STRATEGY POSTCARD

Check out the evidence!

WHAT ARE RANDOM ACTS OF KINDNESS?

These are **small acts of kindness** for the people around you - whether they are a part of your community, school, work or home.



These acts of kindness can be **big or small**, and the recipient does not even have to be aware of them!

RESEARCH EVIDENCE FOR EFFECTIVENESS

Engaging in acts of kindness increases:^{1, 4}



Engaging in acts of kindness decreases:^{3, 5}



HOW TO PRACTICE RANDOM ACTS OF KINDNESS?¹

We can do random acts of kindness in many different areas of our lives.

Here are some examples, but feel free to think of any of your own!



Community

- Volunteer your time at an organization whose values align with yours
- Shop from a local business



School

- Offer to help a classmate with their schoolwork
- Share a study guide
- Befriend someone new



Work

- Praise a co-worker or peer on their work
- Check in with a co-worker to see how they're doing



Family

- Help a sibling with chores
- Ask about a family member's day
- Show appreciation



REMEMBER

Acts of kindness don't necessarily have to cost anything! Sometimes a simple compliment or checking in on a family member or friend makes all the difference!



WHERE AND WHEN TO SHOW RANDOM ACTS OF KINDNESS?

This can be done **anytime, anywhere**, for anyone, with flexible time commitments!



QUICK TIPS

◆ Pass it on ◆

Every time you are the recipient of an act of kindness, make a note to pass it on by doing an act of kindness yourself!



◆ Give yourself a challenge ◆

Try doing a random act of kindness for someone once a week.



You may also want to try increasing this challenge to 2-3 times a week or even daily.

Remember

It's very easy to put a lot of energy into acts of kindness. If you find you are spending a lot of time on others and not enough on yourself, it's important to take a step back.²

◆ Check out some external resources ◆

The [Random Acts of Kindness](#) webpage includes some suggestions for acts of kindness.



[Effective altruism](#) includes information about cultivating altruism.



CONTACT INFORMATION

