



RANDOM ACTS OF KINDNESS

A random act of kindness is something that is given, without prompt, and with no ulterior motive. It is something that is done for someone else, meaning that you get nothing back in return. This may seem like an odd thing to include in self-care week, but caring for others, and doing things for others just makes humans feel better. For anyone who has ever been kind to someone (which we hope everyone has), you know that seeing someone smile, or feel better because of something you did, can mean a lot.

Here at Saitsa we wanted to put together a few ideas for you to do some Random Acts of Kindness for the people in your life, during the pandemic, so that we all might feel the joy that comes from being kind.

- 1 Send a motivational text message to a friend who might need it.**
- 2 Reach out to someone that you haven't spoken to in a while.**
- 3 Donate to a charity if you are able to.**
- 4 Give anonymous praise to a colleague/classmate for something that they're doing well.**
- 5 Call some of your family that you haven't spoken to in a while.**
- 6 Host a virtual games night.**
- 7 Write a gratitude letter to a friend who lives in the same city, or one who lives far away.**
- 8 If you live with other people, surprise them with a fancy breakfast.**
- 9 Purchase gift cards to small businesses for friends or randomly buy a coffee for the person behind you.**
- 10 Send photos of cute animals to your friends.**
- 11 Post a note on your neighbors' door, let them know that you wish them well.**
- 12 Leave an online review for your favorite local café, restaurant or business, let them know how great they're doing.**
- 13 Send a friend a helpful article that made you think of them.**
- 14 Donate your old clothing. Some Calgary examples include:**
 - The Mustard Seed
 - The Drop-In Centre
 - Inn from the Cold
 - The Dream Centre
- 15 Offer to mentor a friend or teach them a skill that you're good at (examples: virtual guitar lessons, baking, cooking).**