# RANDOM ACT OF KINDNESS WEEK
## February 14th – 20th

You're invited to join in our week-long celebration of kindness. Help turn the world kind by celebrating RAKHudson Week. It's our chance to have fun being a little extra kind.

### 14th Sunday: Random Acts of Kindness Day
Kick off a week of Kindness by "Throwing Kindess Around Like Confetti"!

### 15th Monday: Hey Neighbor
Share a book, do an errand, or give flowers to a neighbor!

### 16th Tuesday: Thankful Tuesday
Write a Thank You note to show your appreciation!

### 17th Wednesday: Explore Kindness
Make 10 people smile – compliments and smiles work!

### 18th Thursday: Tasty Thursday
Give to a food pantry or pick up a stranger's restaurant tab!

### 19th Friday: Be a Friend
Spend some time with someone who may be lonely!

### 20th Saturday: Be Kind to Yourself
You are worth it!

Share your #RAKHudson stories on and watch Kindness grow!

Hudson League For Service
Since 1947

Sponsored by Hudson League for Service. RAKWeek 2021 is full of community activities geared toward promoting kindness. Additional details may be found at www.hudsonleagueforservice.org and www.facebook.com/HudsonLFS.