



Encourage your friends to Make Kindness a Priority on November 4th

The message is simple: Do something nice for someone and ask nothing in return other than they do something nice for someone else. Part of the beauty of this initiative is that it doesn't have to cost a cent.

Since 2008, Random Act of Kindness Day® has brought Kitchener-Waterloo and other Canadian communities together by engaging citizens in small acts of kindness and generosity.

This year we want to encourage students to make a difference in their community through kindness.

Think of it as the ultimate anti-bullying strategy...
To teach our community to be kind.

On our website, don't miss out on great activities for you to engage your friends and classmates about the importance of empathy, caring, and kindness!

In your package you will find...

- Kindness Cards: There is enough cards to pass out to all students in your school. More than 100,000 cards are distributed across Kitchener and Waterloo each year in anticipation for the day!
- Posters: We welcome you to put these up on bulletin boards in high-traffic areas of your school (i.e. cafeteria, hallways, main office, etc.)

About The Kitchener and Waterloo Community Foundation

The KWCF helps make a lasting difference in our community

The KWCF improves the quality of life in Kitchener-Waterloo and area, now and for generations to come, by building community endowment, addressing needs through grant making, and providing leadership on key community issues.

Visit us at www.kwcf.ca to learn more.

Share What You Do!

We'd love to hear your stories of how you spread acts of kindness throughout the day!

- E-mail your photos & stories to rbenoit@kwcf.ca and we will share them at www.kwcf.ca/kindness!
- Tweet your moments on Twitter to [@rakdaykw](https://twitter.com/rakdaykw) using the hashtag #rakday
- Follow us on Facebook at [Facebook/rakday](https://www.facebook.com/rakday) !