



RANDOM ACTS OF KINDNESS WEEK

2/14/22 – 2/18/22

Professional Development Center, Health Promotions & Employee Assistance Program
Activities & Event Calendar

Monday, February 14th, 2022

Kindness Activity	Checkoff ✓
Seek to do at least one nice thing or random act of kindness for your partner	
Watch your partner's favorite show with them	
Volunteer together	
Go for a walk together	
Say "thank you" and acknowledge the little things your partner does	
Fill your partner's car up with gas	
Write a thank you note or message of encouragement to your partner	
Make their breakfast, lunch, or dinner	
Do one of the chores they normally do	
Donate to one of their favorite causes	
Write a list of things you love/like about your partner	

Tuesday, February 15th, 2022

Kindness Activity	Checkoff ✓
Donate to Milligan's Food Pantry (for more information, click here .)	
Be kind to your server/cashier	
Write a positive comment on a website/blog	
Praise a local business online	
Eat at a local restaurant	
Attend a virtual community event	
Give away or donate unwanted items	
Be polite on the road	
Start a penny drive for a local charity	
Buy a meal for a homeless person	
Support a minority owned business	
Plant a tree	
Donate used books to a local library	
Make a care package for the homeless filled with necessities	
Donate Blood	

Wednesday, February 16th, 2022

❖ **What Awaits You Outside in New York State!**

Facilitated by: Laura DiBetta
12:00 p.m. to 12:30 p.m. via WebEx

❖ **Loving-Kindness Meditation**

Facilitated by: Dr. Berg Miller
1:30 p.m. to 2:00 p.m. via Teams



Kindness Activity	Checkoff ✓
Find out something new about a coworker	
Send an encouraging email to a coworker	
Gift an inspirational book	
Endorse a skill or leave a positive recommendation on LinkedIn	
Write positive sticky notes and post around the office or bathroom	
Start learning a new skill	
Start a workplace kindness calendar. Each week, a team member can volunteer to bring in treats, organize a donation drive or do something that inspires community and support at work	
Leave a positive message or inspiring quote in the break room or on a bulletin board	
Introduce yourself to someone new or someone you don't often work directly with	
Invite someone at work to have coffee or lunch with you either in person or remote	
Leave a thank you card on a coworker's desk or send them an ecard as a token of your appreciation	
Offer help to a colleague on a project or assignment	
Bring a coworker coffee or donuts	
Show your boss how much you appreciate their work and leadership	

Thursday, February 17th, 2022

❖ **Hot Chocolate Social**

E.H. Butler Library, 318
Noon to 2:00 p.m.



Kindness Activity	Checkoff ✓
Tell your parents or siblings how much you appreciate them	
Help someone struggling with bags	
Open the door for someone	
Reply to a post you enjoy	
Incorporate kindness into your curriculum or day	
Text someone good morning or good night	
Leave letters of encouragement on people's cars	
Shovel a neighbor's driveway when it snows	
Hold the elevator for someone	
Pay for someone's morning coffee	
Help tutor a struggling student	
Take the time to listen to someone	
Offer compliments to strangers and friends and family	
Reconnect with an old friend	
Show your boss how much you appreciate their work and leadership	

Friday, February 18th, 2022

❖ **All Level Yoga and Mindfulness**

Facilitated by: Lorena Mathien and Teresa Corrigan-Beaton
9:00 a.m. to 10:00 a.m. in Houston Gym, 125



❖ **Restoration and Resolve: Guided Yoga Nidra Meditation**

Facilitated by: Melissa Meehan
Noon to 12:45 p.m. via Teams

Kindness Activity	Checkoff ✓
Be kind to yourself	
Reduce paper usage	
Drink more water	
Start an exercise routine	
Clean your room	
Cook a healthy meal	
Start learning a new skill	
Complain less	
Run/Walk a 5K for a cause	
Create your own week of kindness	