

MARIA COLLEGE

BE KIND



#BeMariaKind #RAKDay

On Random Acts of Kindness day, February 17, the Maria College community is living out our mission of service to others by going out into the community to do acts of kindness. Join us in spreading some kindness!

Random Acts of Kindness (RAK) Ideas

- Visit with a neighbor.
- Donate a book to a library.
- Write an uplifting letter.
- Pay for someone's coffee.
- Leave a nice tip for a server.
- Give a stranger a compliment.
- Help a senior with chores.
- Leave quarters at the laundromat.
- Donate blood.
- Let someone check out ahead of you.
- Give up your seat.
- Ask someone about their day.
- Send a nice email to someone.
- Smile as you walk past a stranger.
- Give away a gift card you don't intend to use.
- Read a child a book.
- Lend a friend a good book or movie.
- Offer to give a friend a ride home.
- Donate cleaning supplies to a local refugee organization.
- Offer to return someone's cart for them.
- Give warm socks to the homeless.
- Make a snowman outside a nursing home.
- Shovel a neighbor's driveway.
- Make a care package for someone.
- Cook and deliver a meal to someone.
- Share your favorite recipe.
- Pick up trash.
- Leave a surprise note in a library book.
- Leave positive notes on sticky notes in a public place.
- Leave money at a vending machine.
- Buy flowers to cheer someone up.
- Give out movie tickets at the theater.
- Thank a mentor in your life.
- Walk someone's dog.
- Babysit for free.
- Buy a treat for your coworkers.
- Write a positive review online for your favorite store/restaurant.
- Call an old friend out of the blue.
- Share a positive quote on social media.
- Donate clothes to a thrift store.



Tag us on social media!

Pick one of our ideas listed on the front of this flyer or come up with your own RAK idea and post a picture on social media to share your experience!

Use **#BeMariaKind** in your post.



@mariacollege



If someone asks you about Maria College, connect them to this page to learn more.

mariacollege.edu/kindness

Maria College is partnering with Albany Broadcasting Company on Random Acts of Kindness Day to announce giveaways around the Capital Region. Tune in!

