

FEBRUARY 2025

Love and Empathy



RANDOM ACTS OF KINDNESS
FOUNDATION®

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Schedule time with someone you've been meaning to connect with.														Share the Love: Join the RAKtivists!														Leave anonymous kind notes in public areas for strangers to find.							Practice active listening and understanding by engaging in meaningful conversations with friends, family, or colleagues.							Dedicate a day or week to giving sincere compliments to those around you.							Encourage doing small, unexpected acts of love, like leaving a kind note on someone's car, sending a thoughtful text, or surprising a loved one with their favorite treat.							Send a care package to someone going through a tough time.						
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←———— Random Acts of Kindness Week 2025 —————→														Visit www.randomactsofkindness.org/rak-week for ideas to celebrate kindness all week.																																																
Write a heartfelt note or letter to a mentor, teacher, or someone who has made a positive impact in your life, expressing gratitude and appreciation for their support and guidance.														Random Acts of Kindness Day 2025														Start a book club focused on reading books that explore themes of love, kindness, and empathy.							Create "Kindness Coupons" that can be redeemed for acts of kindness, like helping with chores, offering a hug, or spending quality time together.							Host listening circles where people can share their stories and experiences without judgment.							Purchase gifts or services from small businesses and share your positive experiences with other.							Offer to help without being asked.						
23														24														25							26							27							28							1						
Organize a fun game night to spend quality time with family or friends.														Encourage your family and friends to support a local business, showing love for your community.														Identify someone who might be having a tough day and ask how you can help.							Take time to practice self-love by doing something that makes you feel good.							Spend a few minutes reflecting on how you can show more empathy to those around you.							Wish the first person you see an amazing day.													