

# National Random Acts of Kindness Day on February 17<sup>th</sup>

We are encouraging people to participate in National Random Acts of Kindness all over the country.

Parents, this will be a great time to teach your children how to be kind.

This participation can be simple acts of kindness or extravagant.

Please email us random acts of kindness that have been rendered to you or any other examples that you are aware of.

One example of this is when my physician, Crystal D. Narcisse, M.D., did not think twice about removing her new pair of sneakers and giving them to her patient whose shoes were falling apart. Rain was pouring outside and Dr. Narcisse could not let the woman who was in her 70's leave without decent shoes since they both wore the same shoe size.

Just think how much better the world could be if we showed more kindness to one another. ***Kindness is an act that demonstrates a generosity of spirit!***

## Celebrate National Random Acts of Kindness Day - February 17, 2020

On Monday, February 17, 2020, people all over the world will celebrate National Random Acts of Kindness Day. Please join us by showing love and kindness to people you may or may not know.

What can you do?

- Parents please teach your children how to be kind daily. Be kind to schoolmates and adults.
- Give a smile and a compliment.
- Pay for someone's coffee at the coffee shop.
- Hold the door for someone.
- Call and check on your grandparents.
- Be a parking meter fairy.
- Write a recommendation on LinkedIn.
- Support a cause in your community.
- Organize a day of volunteering.

Everyone can make a difference in their community.

For additional suggestions, please visit:

<https://www.extraspace.com/blog/giving-back/52-random-acts-kindness-try/>

Whatever you do, share your act of kindness by emailing your story to: **perfectmanners@aol.com**