



Top 10 for 2010... February!

100 IDEAS FOR KINDNESS

Here are the first ten of **100 ideas for Kindness** from the folks at Random Acts of Kindness.

- 1 Deliver fresh-baked cookies to city workers.
- 2 Collect goods for a food bank.
- 3 Bring flowers to work and share them with coworkers.
- 4 Garden clubs can make floral arrangements for senior centers, nursing homes, hospitals, police stations, or shut-ins.
- 5 Adopt a student who needs a friend, checking in periodically to see how things are going.
- 6 Volunteer to be a tutor in a school.
- 7 Extend a hand to someone in need. Give your full attention and simply listen.
- 8 Merchants can donate a percentage of receipts for the week to a special cause.
- 9 Bring coworkers a special treat.
- 10 Students can clean classrooms for the custodian.

The rest of the 100 ideas are listed at...

http://www.actsofkindness.org/images/downloads/original/RAK_group_and_individual_ideas.pdf, on page 3,

Random Acts of Kindness Week is February 15-19.

For more great ideas, go to <http://www.actsofkindness.org/>.

If you have some great ideas for ways to celebrate Random Acts of Kindness Week, please e-mail Susan at susan@eugeneymca.org.

We'll post the ideas on our website!

Here's some space to write down some ways for you or your family to celebrate Random Acts of Kindness Week.

We build strong kids, strong families, strong communities.

2055 Patterson Eugene, Oregon 541.686.9622 www.eugeneymca.org