

RANDOM ACT OF KINDNESS DAY CARDS HAVE ARRIVED!

The business-size cards for Random Act of Kindness Day are FREE and available for you to order by emailing specialprojects@guelphcf.ca. **PLEASE NOTE: Cards need to be picked up at our office at 46 Cork Street East. We can deliver orders over 500.**



Random Act Of Kindness Day.
pass this card on
and pay it forward.

FRIDAY
NOV 6
2015

SHARE THE KINDNESS
ON SOCIAL MEDIA USING #RAKGuelph #RAKDay

OTHER SUPPORT MATERIALS FOR RANDOM ACT OF KINDNESS DAY:

FOR COMMUNITY CITIZENS & BUSINESSES - There are a number of posters, counter cards, 101 Kindness Ideas & Quotes (for social media posts and ideas) and window signs available for FREE DOWNLOAD and printing at www.guelphcf.ca/CommunitybrInitiatives/RandomActofKindness.aspx

FOR SCHOOLS AND CHILDREN'S PROGRAMS: There is a school resource kit loaded with ideas, "this school rocks Random Act of Kindness" posters, Kindness Colouring cards, Kindness Colouring Bookmarks where kids suggest their favourite book to a friend, and Kindness Story Starters - featuring super heros and other fun suggestions. All available for FREE download at www.guelphcf.ca/CommunitybrInitiatives/RandomActofKindness.aspx

SHARE THE KINDNESS

- Join us in spreading kindness around Guelph and surrounding areas by hanging a poster, handing out the pre-printed cards, and/or posting a few kindness quotes on Facebook or Twitter
- Consider planning your own, larger scale Act of Kindness on Friday November 6th - tell us about it ahead of time and we'll tell the media about it and/or share it with the community to inspire others.
- If you post anything on social media, we ask that you include **#RAKGuelph** and **@GuelphCF** so that we can compile what everyone is doing and increase our Kindness exposure on Friday November 6th!