

RANDOM ACTS OF KINDNESS

WEEK!

FEBRUARY 14-20

LET'S MAKE KINDNESS THE NORM IN WINDSOR-ESSEX COUNTY!

Join the WindsorEssex Community Foundation in celebrating Random Acts of Kindness Week, February 14-20!

This special week invites everyone to perform a kind gesture for someone else—asking nothing in return, except that they "pay it forward" with their own act of kindness. Acts don't need to be grand or costly; it's all about spreading kindness throughout our community and making it the new norm!

HOW YOU CAN CELEBRATE RAK WEEK



ANNUAL COLOURING CONTEST

The WindsorEssex Community Foundation is hosting its annual colouring contest again in 2026. Kids aged 12 and under are invited to colour this image and submit it for a chance to win one of six \$50 local gift cards.

RAK WEEK IDEAS

There are countless ways to make kindness the norm, but if you're looking for some inspiration, explore our RAK Week ideas for both adults and children. You can also follow us on social media throughout February for a daily dose of kindness to keep you inspired!

SOCIAL MEDIA

If you experience or perform an act of kindness between February 14-20, we'd love to see it! Share your photos and messages on social media using #RAKweekYQG, and be sure to tag the WindsorEssex Community Foundation on Facebook, Instagram, and LinkedIn. We'd be thrilled to share your posts!



VISIT OUR WEBSITE FOR MORE INFORMATION AND INSPIRATION.
WECF.CA

RANDOM ACTS OF KINDNESS

WEEK! COLOURING CONTEST

FEBRUARY 14-20

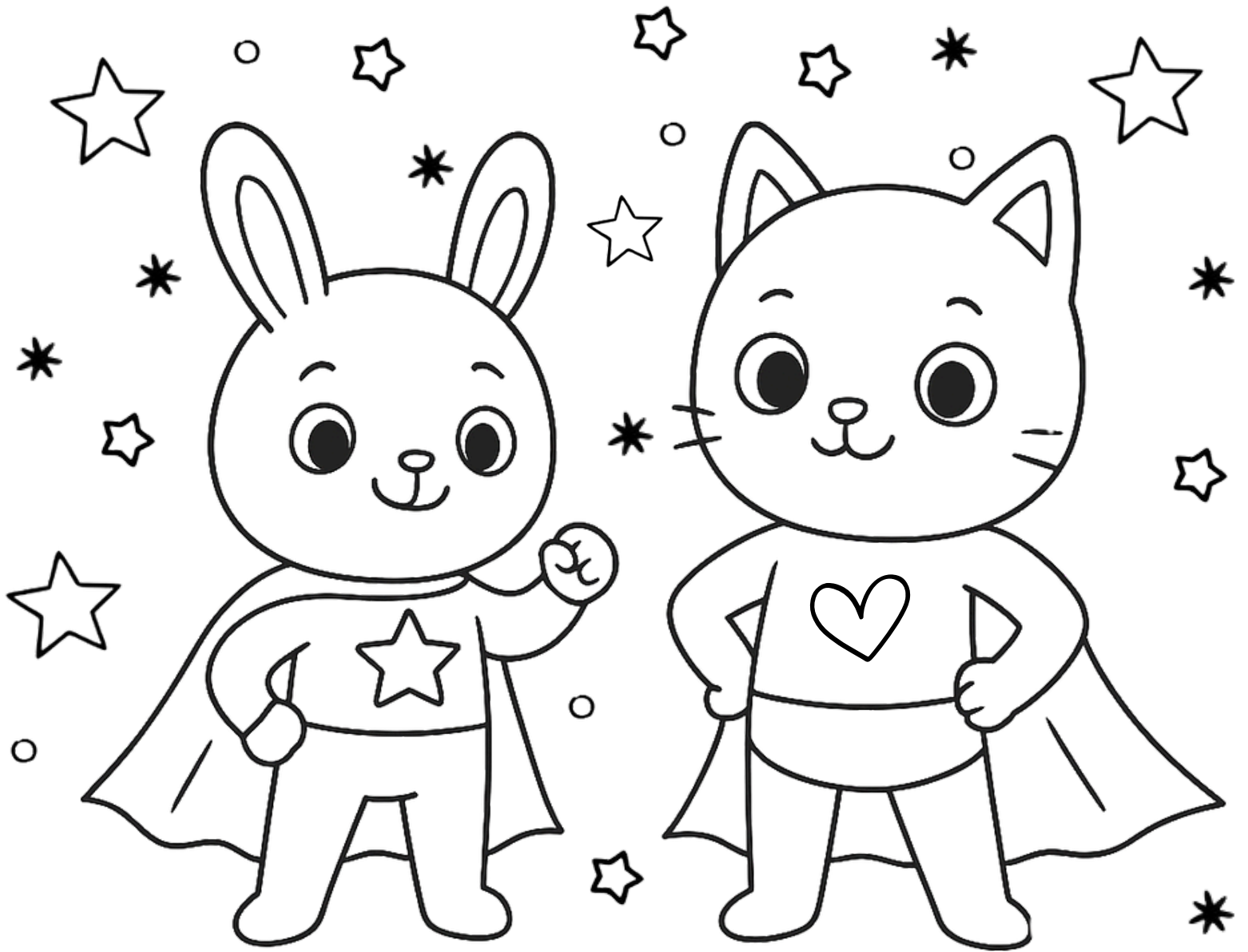
In celebration of Random Acts of Kindness Week, from February 14-20, 2026, the WindsorEssex Community Foundation is hosting our annual colouring contest. All entries must be received by 12 pm on Wednesday, February 18, 2026 to be included in the prize draw.

This year, we're inviting kids aged 12 and under to colour this image and submit it for a chance to win one of six \$50 local gift cards. The winners will be chosen at random and announced on Friday, February 20. We encourage participants to leave a message of kindness on their entry.

Email your scanned or photographed entry to info@wecf.ca



KINDNESS IS



MY SUPERPOWER

Name:

Age:

Phone number / Email:

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14-20



PENCIL FOR YOUR KIND THOUGHT



Leave a positive message on a sticky note and take a pencil as a token of our appreciation.

To participate it is simple:

1. Grab a Pencil
2. Write a kind thought, compliment, or uplifting message on a Post-It Note.
3. Stick your note on the Kindness Wall and add to the growing collection of positivity!

LETS MAKE KINDNESS THE NORM IN WINDSOR-ESSEX COUNTY!

Visit the WindsorEssex Community Foundation to learn more about Random Acts of Kindness Week and join the kindness movement.



RANDOM ACTS OF KINDNESS

WEEK! SOCIAL MEDIA

FEBRUARY 14-20

THANK YOU FOR JOINING US IN CELEBRATING RANDOM ACTS OF KINDNESS WEEK!

Please feel welcome to use the content below across your social media platforms as you share kindness throughout our community!

TAG US - Facebook, Instagram and LinkedIn
@WECFoundation #RAKweekYQG #RAKDAYYQG

POST 1

What's one small act of kindness you can do today to brighten someone's day? A smile, a compliment, holding the door open—kindness doesn't have to be big to make a difference! Join the @WECFoundation in celebrating Random Act of Kindness Week, from February 14-20! Help us to #MakeKindnessTheNorm For more information, visit www.wecf.ca
@WECFoundation
#RAKweekYQG #RAKDayYQG

POST 2

February 14-20 is Random Acts of Kindness Week! Celebrate kindness in our community all week long—use the hashtag #RAKweekYQG to share your best ideas for how we can all be a bit kinder to ourselves and each other!
@WECFoundation #RAKDayYQG

POST 3

In a world where you can be anything, be kind! Join the @WECFoundation in celebrating Random Act of Kindness Week, from February 14-20.
How will you spread kindness this week? Share your acts of kindness and tag us with #RAKweekYQG to inspire others!

POST 4

Join the @WECFoundation in celebrating Random Acts of Kindness Week. Kindness starts with YOU! Small gestures, big hearts: let's make kindness the norm.
Here's your challenge:

- Pay for someone's coffee
- Leave a surprise note for a friend
- Compliment someone genuinely

The more kindness, the better! Let's spread it far and wide. RAKweekYQG #RAKdayYQG

RANDOM ACTS ☺ OF KINDNESS

WEEK! SOCIAL MEDIA

FEBRUARY 14-20

PAIR THE ABOVE MESSAGE WITH ONE OF THE FOLLOWING
GRAPHICS

RANDOM ACTS ☺ OF
KINDNESS
WEEK!

FEBRUARY 14-20



MARK YOUR CALENDARS ♥

RAK WEEK

LET'S MAKE
KINDNESS
THE NORM ♥

RANDOM ACTS OF KINDNESS

WEEK! SOCIAL MEDIA

FEBRUARY 14-20

PAIR THE ABOVE MESSAGE WITH ONE OF THE FOLLOWING
GRAPHICS

RAK WEEK

IN A WORLD
WHERE YOU
CAN BE
anything,
CHOOSE TO
BE KIND ❤️



RAK WEEK

COMMUNITY MEMBERS ARE
ENCOURAGED TO DO
SOMETHING NICE FOR
SOMEONE AND ASK FOR
NOTHING IN RETURN,
EXCEPT THAT THEY
pay it forward
WITH AN ACT OF KINDNESS ❤️



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1. Take part in our colouring contest!
2. Help with chores around the house.
3. Return someone's cart at the grocery store.
4. Leave a kind letter in a library book.
5. Help build a bird feeder.
6. Leave happy notes around town.
7. Call your grandparents to catch up.
8. Pick up litter (wear gloves).
9. Send a postcard to a friend.
10. Hold the door for your classmates at lunch or recess.
11. Compliment a friend.
12. Help a classmate with their homework.
13. Turn off the water while brushing your teeth.
14. Plant flowers for pollinators.
15. Set the table for dinner.
16. Lend a toy or game to a friend.
17. Write kind chalk messages on the sidewalk.
18. Draw a picture for a friend or loved one.
19. Befriend the new kid in school.
20. Donate clothes and toys you've outgrown

For more information, visit wecf.ca. If you experience or perform an act of kindness, be sure to capture the moment with a photo and share it on social media. Don't forget to tag us **@WECFoundation** and use the hashtag **#RAKweekYQG!**



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| 1. Hold the door open for someone. | 11. Do a household chore that is normally someone else's job. |
| 2. Raise or donate money to a local charity. | 12. Cook your family's favourite dinner. |
| 3. Phone a friend or relative you haven't talked to in a while. | 13. Send a letter of thanks to someone who has made a difference in your life. |
| 4. Leave a 5-star review for your favourite local business. | 14. Run an errand for someone. |
| 5. Buy coffee for the person in line behind you. | 15. Donate blood. |
| 6. Let your staff leave work early. | 16. Bake cookies for your co-worker. |
| 7. Make a donation in someone's name. | 17. Donate books to a little library. |
| 8. Volunteer your time and skills. | 18. Pick up trash at the beach or at a park. |
| 9. Donate to your local foodbank. | 19. Help carry groceries for someone. |
| 10. Send flowers to someone. | 20. Thank your bus driver. |

For more information, visit wecf.ca. If you experience or perform an act of kindness, be sure to capture the moment with a photo and share it on social media. Don't forget to tag us **@WECFoundation** and use the hashtag **#RAKweekYQG!**

