

# 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](http://WECF.CA)

# RANDOM ACTS OF KINDNESS

## WEEK! COLOURING CONTEST

FEBRUARY 14-20



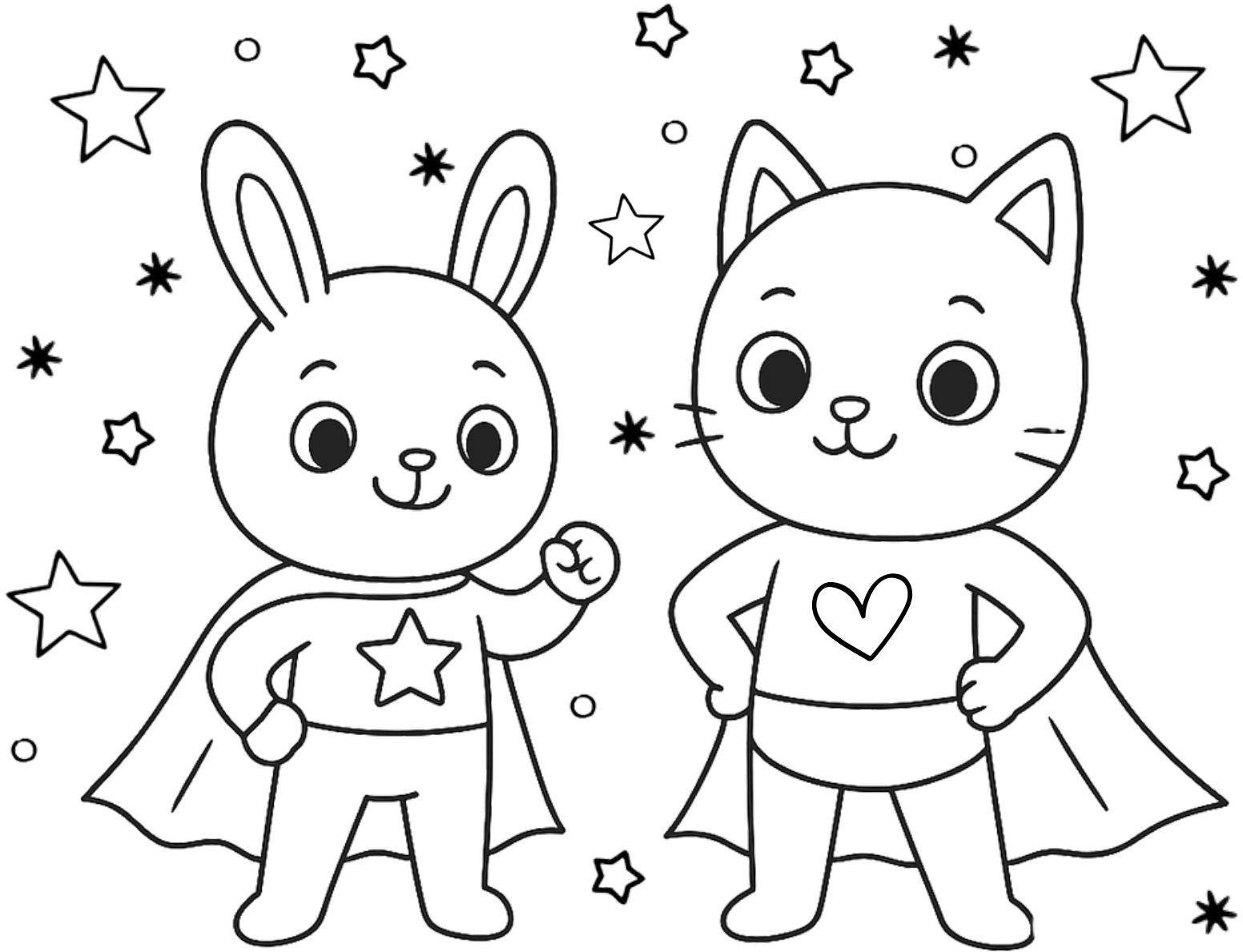
In celebration of Random Acts of Kindness Week, from February 14-20, 2026, the WindsorEssex Community Foundation is hosting our annual colouring contest. All entries must be received by 12 pm on Wednesday, February 18, 2026 to be included in the prize draw.

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](mailto:info@wecf.ca)



# KINDNESS IS\*



# MY\*SUPERPOWER

Name:

Age:

Phone number / Email:

# RANDOM ACTS OF KINDNESS

## WEEK!

FEB.  
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 [@WECFoundation](http://www.wecf.ca)  
#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

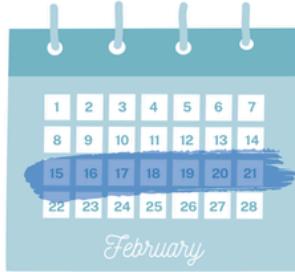
## WEEK! SOCIAL MEDIA

FEBRUARY 14-20

PAIR THE ABOVE MESSAGE WITH ONE OF THE FOLLOWING  
GRAPHICS

RANDOM ACTS OF  
KINDNESS  
**WEEK!**

FEBRUARY 14-20



MARK YOUR CALENDARS ♥

RAKWEEK

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

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