

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 9-15

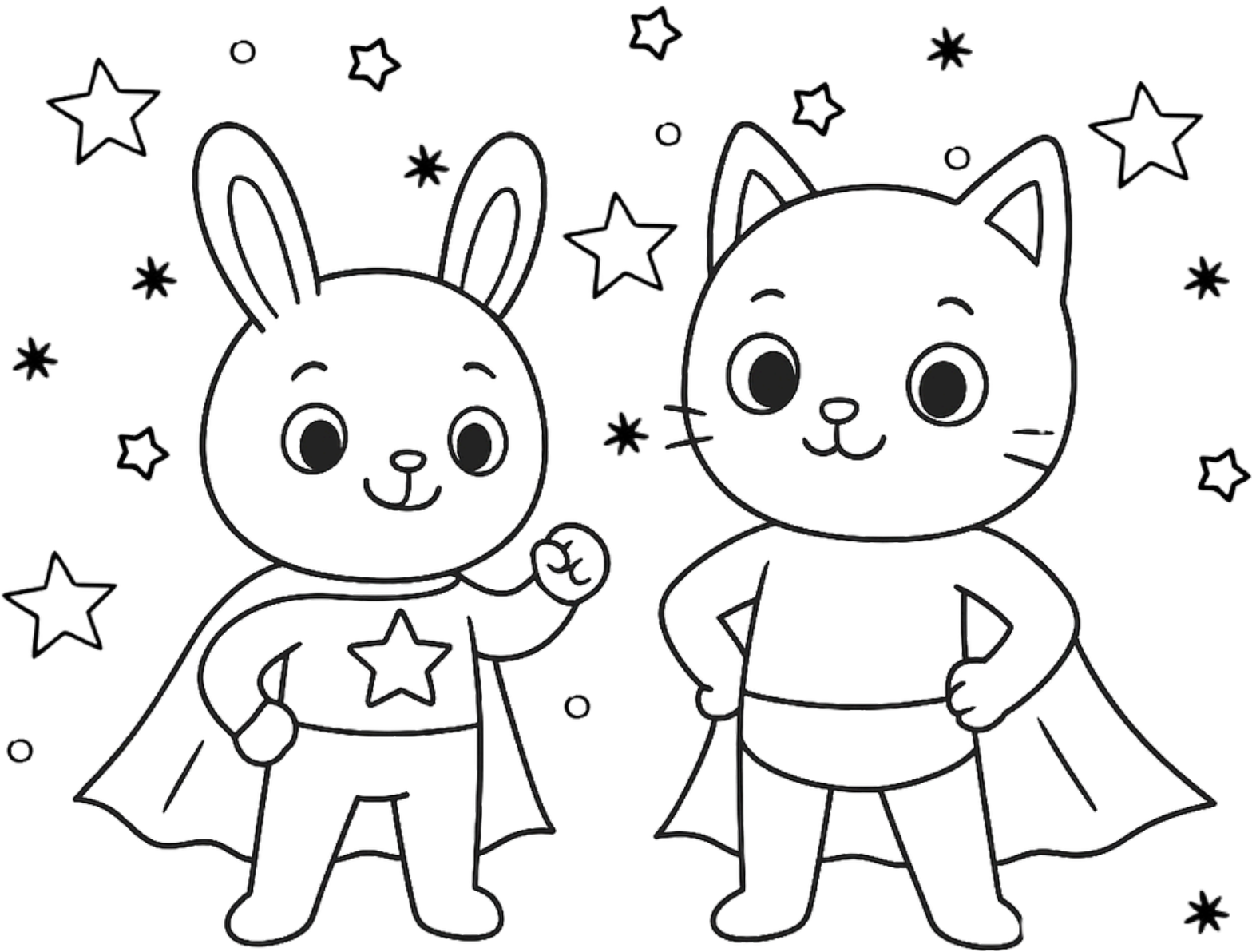
In celebration of Random Acts of Kindness Week, from February 14-20, 2026, the WindsorEssex Community Foundation is hosting our annual colouring contest. All entries must be received by 12 pm on Wednesday, February 18, 2026 to be included in the prize draw.

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:

RANDOM ACTS OF KINDNESS

WEEK!

FEB.
14-20



KINDNESS ON DISPLAY

Join the Kindness on Display experience! Bring kindness to life in your school with a kindness wall:

1. Find a blank wall space to create your kindness post-it note display
2. Distribute post-it notes, pencils and markers (or place them near the wall) for students to use.
3. Encourage everyone to write something kind about themselves, their peers, or their teachers and stick it to the wall.
4. Watch the kindness Wall grow as your school celebrates the power of positivity!

Share your school's kindness wall on social media, tag @WECFoundation, and use the hashtag #RAKweekYQG to inspire others!

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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

Let's Spread Kindness Together! What's one small act of kindness you can do today to make someone smile? A high-five, a kind word, sharing your snack —it's the little things that make a BIG difference! Join us in celebrating Random Acts of Kindness Week from February 14-20 with @WECFoundation. Let's show how amazing our school community is by spreading kindness everywhere we go! Visit www.wecf.ca for more ideas and info. Let's #MakeKindnessTheNorm together!
@WECFoundation #RAKweekYQG #RAKDayYQG

POST 2

Let's Celebrate Kindness! February 14-20 is Random Acts of Kindness Week! Let's come together to spread positivity and make our community shine. What's your best idea for showing kindness—whether it's to yourself, a friend, or a stranger? Share it with us using #RAKweekYQG!
Let's inspire each other to make kindness the norm. @WECFoundation #RAKweekYQG

POST 3

Let's Make Kindness the Norm! In a world where you can be anything, be kind!
Our school board is proud to join @WECFoundation in celebrating Random Acts of Kindness Week, February 14-20
How will YOU spread kindness this week? A thoughtful word, a helping hand, or a simple smile can make someone's day!
Share your acts of kindness and tag us with #RAKweekYQG to inspire others to join in. Together, we can create a kinder, stronger community!

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:

- Share your snack with a classmate
- Write a kind note for your teacher or friend
- Give someone a genuine compliment

Every little act makes a big difference. Let's see how far we can spread kindness together!
#RAKweekYQG #MakeKindnesstheNorm

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.
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.

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!**

