



LIVING THE PLEDGE
Self Care for Safe Care

Random Act of Kindness

A Random Act of Kindness (or RAOK) is doing something simple to show care for someone else.

Have you ever noticed how truly grateful you felt when someone took a moment to extend kindness your way? A Random Act of Kindness, usually a surprise, happens without any expectations. Try this out today — just smile at someone you don't know. Smiling is a great RAOK, and it doesn't cost anything!



Happiness is Contagious – Pass It On!

