# Random Acts of Kindness Day

What are you willing to do for someone else?

February 16, 2018 By Martha Warriner Jarrett

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In a week full of holidays like Shrove Tuesday (Mardi Gras if you live in New Orleans), Ash Wednesday and Presidents' Day, and a year full of days for this and that, there's one that may have gotten lost. Did you know that Saturday (February 17) is Random Acts of Kindness Day? I sure didn't and you probably didn't either. A random act of kindness is defined (loosely) as doing something nice for someone you don't know, or for your community. The website kindness.org suggests things like giving up your seat on the bus or subway, buying a cup of coffee for a stranger, complementing a stranger, or giving someone a book on kindness. Other examples include an Uber driver who keeps food in his car and hands it out to the homeless, someone who leaves inspirational messages on co-workers' desks, and a school teacher who takes her class downtown to pick up trash. Or maybe you can give apples to your students, or adopt a shelter pet. As members of the HIV/AIDS community, what can you and I do on Saturday? Let me know what you come up with.

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http://beta.docker.poz.com/blog/random-acts-kindness-day