



# 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, complimenting 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>