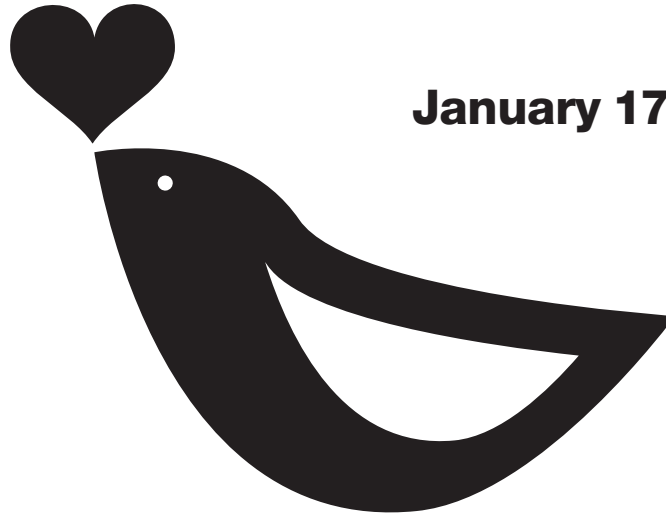


random acts of **kindness** week January 17 - 23, 2010



Carnation, Duvall, Monroe, Woodinville.

Join your community by showing some **extra kindness** to one another while supporting your local businesses.

Come up with your own ideas and have fun!

- Mail a card or a gift to a friend
- Surprise someone with balloons
- Visit an elderly loved one
- Buy flowers for someone you love
- Take a friend out to lunch or dinner
- Open the door for someone
- Buy some groceries for someone in need
- Make some cookies for your neighbor
- Say hello or smile to someone you would usually walk past
- Leave a thank you note in your mailbox for your mail carrier
- Pre-pay for someone's gas
- Buy a latte for someone behind you in line
- Buy a treat for your pet
- Surprise your little ones with hot chocolate and a tickle fight
- Take the time to just say the words "thank you"
- Get your pet groomed
- Make copies of a poem or inspiring story and mail it to your friends
- Have a candlelight dinner together as a family
- Offer to watch a tired mom's kids for an hour
- Treat a friend (or yourself) to a pedicure, tanning or a massage
- Take a box of pastries to your co-worker or teacher
- Give your spouse or loved one a back rub
- Tell our business owners, police officers and our firemen that you appreciate them



For more information visit www.rakduvall.com.