

**#ExploreTheGood**

# Random Acts of Kindness Day

- 01** Listen to some new music today.
- 02** Tell a belly laugh joke.
- 03** While in a meeting today, say, "Let's try that."
- 04** Create a teambuilding event that helps your community.
- 05** Today, do something you loved to do as a child.
- 06** Instead of asking how someone is doing, ask about something good that's happened since the last time you met.
- 07** Show yourself how much you care by practicing a healthy habit today.

Want to share about your RAOK?  
Email [WFHT.TN@tn.gov](mailto:WFHT.TN@tn.gov) and  
**#MakeKindnessTheNorm!**

