

#ExploreTheGood

RANDOM ACTS OF KINDNESS DAY

- 01** Listen to some new music today.
- 02** Tell a 'belly laugh' joke.
- 03** Say, "Let's try that." while in a meeting today.
- 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 and
#MakeKindnessTheNorm!