WORKING FOR A HEALTHIER TN

#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 and #MakeKindnessTheNorm!

RANDOM ACTS OF KINDNESS FOUNDATION