



**MEDIA RELEASE**

## **TOGETHER LET'S CELEBRATE KINDNESS**

We live in an amazing community where so much kindness happens every day. Let's take a moment to not only recognize when someone does something nice for us, but to also do something nice in return. Today has been earmarked as **Random Act of Kindness Day** – a day to celebrate those little niceties and encourage others to pay those “acts of kindness” forward.

Friday November 3 will be the third **Random Act of Kindness Day** in the Clayoquot Biosphere Reserve Region. Before that date, cards will be circulated throughout the community via the Elementary Schools. The cards will encourage the cardholder to perform a simple act of kindness for someone – a neighbour, a friend, a parent or grandparent, or someone they don't even know – and hand the card over to that person – encouraging him/her to do the same.

There are many different types of action that people can use as their kind act – buy someone a coffee, congratulate someone on a job well done, act as a sounding board for another, even something as simple as holding open a door for someone with their hands full – each act provides us with an opportunity to connect with someone in our community.

**Random Act of Kindness** cards will be available at Elementary Schools and Clayoquot Biosphere Trust Office.

### **For more information, contact:**

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