# Random Acts Of Kindness Challenge 2026

Random Acts of Kindness Day takes place on Tuesday, February 17, 2026 — but at Western, we're making it a month-long event. Helping others benefits those around us and positively impacts our mental health.

Acts of kindness reduce stress and enhance emotional well-being. Incorporating a winter wellness challenge, like this Random Acts of Kindness Challenge, can amplify these benefits. When you perform kind actions, you create a cycle of positivity—what you give, you receive.

Engaging in kindness can even rewire your brain and improve your mood! When you are kind to others, your body releases oxytocin, a hormone that reduces stress by lowering cortisol levels and blood pressure.

The Challenge: Aim to complete as many random acts of kindness as possible throughout the month of February.

- These acts don't need to be grand — focus on spontaneous, simple gestures of kindness
- Track Your Progress: Use the calendar below to log and track your acts of kindness
- **Submit your calendar to** livingwell@uwo.ca **by noon on February 27, 2026, for your chance to be entered into a draw!**
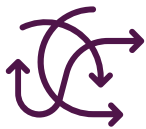
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Guide someone who's lost	Make someone laugh	Volunteer	Help a family or a friend with chores	Ask someone to lunch
Share a story about kindness with others	Say thank-you to someone who may not always hear it	Host or encourage a wellness break	Write a letter of appreciation to a co-worker (See **Make Kindness Count** for ideas)	Pick up a piece of trash or organize a park clean-up
Host a staff potluck	Compliment and support friends	Send someone flowers	Make a point to hold the door for others throughout the day	Smile at someone

February 2026 — Random Acts of Kindness Tracker

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Random Acts of Kindness Day	18	19	20	21
22	23	24	25	26	27	28
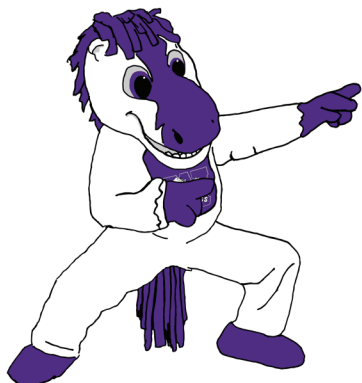
Useful Resources:

make kindness the norm. AT WORK — Random Acts of Kindness Foundation

Top 6 Winter Wellness Challenges for Employee Wellbeing in 2024 — wellness 360