



# celebrate Thanksgiving with a Random Act of Kindness

November 21, 2016

#ShowSomeLoveCFC

The fourth and final *Show Some Love* day takes place on Nov. 21, and celebrates the Thanksgiving season by encouraging Federal employees to participate in random acts of kindness. Celebrate Thanksgiving with a Random Act of Kindness sheds light on the generous nature of Federal employees, who are dedicated to supporting their co-workers in addition to the thousands of charities participating in the campaign. With the holiday season approaching, it is the perfect time of year to show some kindness to those around you.

## How to Get Involved

- Take a moment of your day to perform a random act of kindness.
- Share your story on social media, and encourage others to participate.
- If you witness or benefit from a kind act, consider sharing the experience on social media and pay it forward by surprising someone else with your own kind act.

## Sharing your Post

- Use #ShowSomeLoveCFC. Here's an example of what to say: *We're celebrating random acts of kindness for Show Some Love Day #4, and I'm excited to surprise my co-workers with a box of donuts. #ShowSomeLoveCFC and brighten someone's day in your own special way!*
- Be sure your post privacy is set to "public."
- Tag @CFCNCA in your posts on Facebook and Twitter, and @theCFCNCA on Instagram.

## Random Acts of Kindness Suggestions

- Leave a note of thanks or encouragement on a co-worker's desk.
- Treat the person behind you in line to a coffee.
- Give a sandwich to someone in need.
- Volunteer time with a nonprofit or local program.
- Pay the parking fee for another car.
- Give someone a genuine compliment.
- Donate gently used clothing to someone in need.
- Have a conversation with someone you wouldn't normally talk to.
- Proactively help your boss check something off his or her to-do list.

