



Women's  
Resource  
Group

Be the difference.  
**RESPECT**



**CONESTOGA**  
STUDENTS INC



THE KITCHENER  
AND WATERLOO  
COMMUNITY  
FOUNDATION

## **GET INVOLVED IN RANDOM ACT OF KINDNESS DAY!**

The Respect Campaign (<http://www.conestogac.on.ca/respect>), the Women's Resource Group (<http://www.conestogac.on.ca/wrg>), Conestoga Students Inc. (<http://www.conestogastudents.com>) and the Kitchener-Waterloo Community Foundation (<http://www.kwcf.ca/>) are encouraging everyone to celebrate Random Act of Kindness Day on Friday November 14.

Look around Doon campus on this day and take part in a selfless act of kindness to show that we are a community that is grounded on courtesy, respect and civility for one another!

Special cards for the day will be distributed at a Respect booth at Door 3 on this day. We encourage you to pick up a Random Act of Kindness Day card and pass it onto another individual when you perform an act of kindness for them. Encourage another person to then pay forward an act of kindness to somebody else!

Some of the great ways you can show a Random Act of Kindness on campus include:

- Pick an ornament off CSI's Wish Tree and take part in their Wish Tree gift exchange program for a Conestoga family in need.
- Donate non-perishable canned goods to the Conestoga Food Bank by bringing any items to the Counselling Office (Doon Campus – Student Life Centre, Room 2A101) or the CSI Office (Room 2A102).
- Donate any used (but good condition) leisurely read books to the LRC, along with any board games (with all pieces included!)
- Become a Peer Conversation Partner to assist International or New Canadian students in practicing their English, by signing up in the Learning Commons (<http://www.conestogac.on.ca/learningcommons/index.jsp>).
- Going out of your way to hold the door open for someone or offering your help to someone you see in need.
- Buying the coffee for the next person in line with you in the cafeterias.
- Picking up pieces of litter you may find along the way to show respect to your campus.
- Telling a front-line worker on campus how much you appreciate the work they do and thanking them for being the difference.
- Make a thank you card for a friend, classmate or your roommate in Residence.
- Bake cookies for a teacher—just because!
- Visit the parking meters on campus and plug coins into any meters for those whose time may be close to expiring or has expired.
- Have you told your Resident Advisor or Peer Tutor how much you appreciate them?
- Leave your change in the pop machines or payphones as a nice surprise for the next visitor.

Celebrate every interaction with each person you come into contact with as a fresh start and consider the needs and rights of all people in the college community. Remember that each contact we have in a day has an impact, so we welcome you to celebrate Random Act of Kindness Day this Friday!