

# RANDOM ACTS of kindness

**No act of kindness is too small to go unnoticed.**

Play along with our Kindness Bingo and be sure to share your stories



Let a friend or colleague know you are grateful for them.



Remind a friend to get the flu shot.



Share the headversity app with a colleague or student.



Donate to The NAIT Fund to support students' greatest learning needs.



Smile behind your mask.



Ask a friend or colleague how they are doing today.



Be kind to yourself. Take a moment to do something you love.



Send a Who's Great at NAIT card.



Donate to the NAITSA Food Centre.

**nait.ca/BeKind**

**SHARE YOUR ACTS! →**

#NAIT

