

Frequently Asked Questions:

1. How did the random Acts of Kindness movement get started?

The Random Acts of Kindness Foundation incorporated as a nonprofit in 1995, jump-starting an international grassroots campaign with the goal of encouraging people to practice kindness. Since then, the kindness movement has spread rapidly, with participants in thousands of schools and communities across the nation and around the world.

2. Why is it important to have this movement to promote kindness?

By enabling people to deepen their connections with others through the practice of simple day-to-day kindness. The Random Acts of Kindness Foundation encourages kindness in communities, schools, workplaces and individuals worldwide. Educating people about the power of kindness can improve the emotional climate in our workplaces, schools, communities, roadways, and so on.

3. Why is the concept of “randomness” important?

When a person feels the urge to do something kind for someone else and follows it through with action, then that is an example of randomness. Randomness is that inspiration, which comes unannounced. Kindness does not have to happen randomly, but a change occurs somewhere within us when we start doing unexpected kind acts. We become more aware of others needs and how we might meet those needs. The simplest action can touch a person in a lasting and profound way.

4. What does kindness do for the person who gives it?

When a person does a kind act for another, he or she feels accomplishment and satisfaction, a “helper’s high”. Kindness improves an environment and the lives of all the people involved. Giving kindness to others makes the giver feel great and brings joy to the person who is receiving the kindness. Practicing kindness spreads goodwill and makes the world a better place

5. What does kindness do for the person who receives it?

A simple display of kindness can bring a smile to someone’s face, warm a lonely heart; even change the course of someone’s life. Discovering the people care for those they may not even know encourages others to believe that the world can be a kind place. Often, when people have had a kind deed passed on to them, they will in turn perform a Random Act of Kindness for others. Kindness will be passed on from person to person as long as we choose to make it happen.

6. Why is kindness effective?

Kindness works because it is unexpected, yet appreciated. People can lift the emotional climate around them by caring about others. A kind act often spurs a chain reaction in which kindness is passed from one person to the next. Suddenly, a dreary or lonely day in someone’s life can turn into a great day.

7. How can kindness improve our daily life?

Well, let's look at one problem we deal with today: road rage. Instead of drivers making the commute difficult for others, they could practice kindness by being considerate of others. For example, this could be done through letting others merge onto the interstate, waving appreciation to other drivers, or pulling over to talk on mobile phones. If drivers put kindness into practice, our roads would be safer.

8. There is so much violence in the world...it seems that violence often dominates the news. How can kindness help?

Yes, a vast majority of news seems to be about violence, but we have the power to change all that and promote good in the world. This can be achieved through kindness. If our actions in our workplaces, on the street, and in our homes stem from kindness, we will see a change occur in this world. Like a seed, it may start small, but eventually it will grow into something beautiful and powerful, spreading out to affect the lives of people we will never meet.