



Have You Heard The Kindness Theme Song?

An original song entitled *One Million Hearts of Kindness* featuring Riverside County students has been written and recorded by Clay and Tami Drayton to support the Riverside County Million Deliberate Acts of Kindness Initiative. Visit www.rcoe.us/kindness to download it for free and share it with friends, family, students, and colleagues as a reminder to spread kindness to others.

“
Life’s most persistent
and urgent question is,
**‘What are you doing
for others?’**
”

- Martin Luther King, Jr.

Join us today in starting a kindness movement in this county to change the direction this world is headed. We are the change this world needs. Start with your own world and your own circle of influence; your friends, family, and community—start now. Continuously let kindness be the cause you support and watch it grow into a better future!

Please submit your kind acts by visiting



www.rcoe.us/kindness

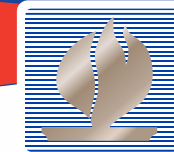
or by using the hashtag



#KindnessRivCo

For more information, please contact:

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RIVERSIDE COUNTY
OFFICE OF EDUCATION
JUDY D. WHITE, Ed.D.
County Superintendent of Schools

RIVERSIDE COUNTY
Million
Deliberate Acts of
KINDNESS
Serving One Another



The Riverside County Office of Education is initiating the Riverside County Million Deliberate Acts of Kindness campaign to increase awareness and promote and inspire a positive school culture and healthy communities throughout Riverside County. RCOE will advocate and measure one million deliberate acts of kindness by students, staff, and the community at large.

The goal is for each person to perform acts of kindness on a daily basis as we strive to log one million deliberate acts by the end of this school year. The students and community will engage in various activities that define, promote, and encourage kindness, empathy, and generosity for others. In addition, RCOE will be partnering with several non-profits, businesses, and organizations to further this initiative by highlighting existing efforts and identifying new opportunities for spreading kindness throughout our community.

Our Pledge

All students in Riverside County will graduate from high school well prepared for college and the workforce.

Our Mission

The mission of the Riverside County Office of Education is to ensure the success of all students through extraordinary service, support, and partnerships.

RCOE is committed to promoting a kinder, stronger, and more welcoming community through a county-wide Million Deliberate Acts of Kindness initiative. The goal is for students, staff, community members, faith-based, and partner organizations to perform simple acts of kindness every day. The ripple effect is amazing and can be life-changing.

Acts of kindness come in all forms and many efforts are already underway. The initiative will be another effective way to encourage kindness in words and actions throughout the whole community. It is a constant mind-set of kindness every day of our lives. Serving others with kindness includes finding passion in our hearts for something or someone in need.

Acts of Kindness:

- ♥ Volunteer at a homeless shelter.
- ♥ Email or write a teacher who made a difference in your life.
- ♥ Smile at someone, just because.
- ♥ Let someone into your lane. They're probably in a rush just like you.
- ♥ Talk to the shy person who's sitting by themselves.
- ♥ Let the person behind you at the supermarket check out with one or two items go ahead of you.
- ♥ Give someone a book you think they'd like.
- ♥ Donate gently used clothes.
- ♥ Donate your old eyeglasses so someone else can use them.
- ♥ When you're throwing something away on the street, pick up any litter around you and put that in the trash too.
- ♥ Talk to someone new at school.
- ♥ Let someone have the parking space.
- ♥ Adopt a rescue pet.
- ♥ Keep kindness at the center of all your conversations.
- ♥ Hold the door open for someone.
- ♥ Be encouraging.
- ♥ Donate food to the food pantry.
- ♥ Help someone struggling with heavy bags.