

FEBRUARY 17 Random Acts of Kindness Day

The Honey Foundation is a 501(c)(3) non-profit organization dedicated to encouraging and rewarding people who "pay it forward" via small, random acts of kindness.

OUR MISSION

The Honey Foundation's mission is to make the world a better place, one kind act at a time.

KINDNESS IS CONTAGIOUS

Kindness can be fun too! That's why we feature fun, interactive ways to track your good deeds. Sign up and watch as a single kind deed multiplies into a global movement of love and brotherhood.

HOW IT WORKS

- 1 Sign up**
Register by visiting www.honeyfoundation.org, or by downloading our mobile app. After you're signed up, we'll add you to our member database where you can print off your honey bee stickers and get started on your good deeds right away.
- 2 Do good**
Start doing good deeds for others in your community. Each time you complete a deed, give the recipient one of your honey bee stickers (or any additional merchandise that contains your Honey Foundation ID#).
- 3 Register and track**
Each sticker you give out will have instructions for the recipient to go online and register the good deed. Each registered deed is entered into the Honey Foundation's database, where good deeds are tracked and displayed by user and location. You'll be able to see how many deeds you've completed, as well as browse through the other good deeds that your fellow bees are completing all around the world.

Honey bees never sleep!

LIVE WELL. BEE KIND.

Random acts of kindness make the world a better place. Study after study has proven that selflessly helping others—even in small, simple ways—benefits both the recipient *and* the giver. Being kind just feels good. It also gives you a deeper, more meaningful sense of connection to your community.

And let's not forget that each time you perform a random act of kindness, you inspire others to do the same.

Here are some examples of good deeds to help you get started:

- Write someone you love a handwritten note
- Set up a free lemonade stand on a hot day
- Spend time with the elderly
- Give an inspiring book to a struggling friend
- Give a flower (or an entire bouquet!) to a loved one
- Give up your spot in line to someone else
- Buy a lottery ticket for a stranger
- Pay for the person behind you at a drive-thru
- Share a secret recipe with a friend
- Donate an hour of your professional services
- Offer someone your seat on the bus/train
- Give a little one a lollipop
- Pick up the tab for a random table at a restaurant

The honey that bees create never spoils

Only 4 out of 20,000 bees create honey

Honey is the only food that includes all of the substances necessary to sustain life

Just BeeCause