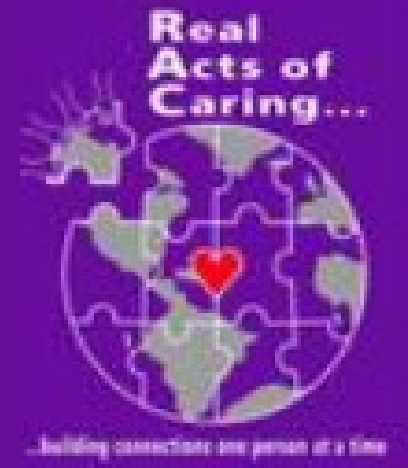




Real Acts of Caring



Land acknowledgement



What are the effects of Real Acts of Caring?

- Improves mental health (Harvard Health)
- Reduces stress (worldkindness.org)
- Improves community spirit (worldkindness.org)
- Enhances relationships (globalcompassioncoalition.org)



Making RAC week Official

- This would be a chance for Penticton to promote more kindness, making our community a better place.



What we've done: ♦

Antelope Brush is an endangered Indigenous plant in the Okanagan.



What we've done: ♦

- We went to Elks Lodge to support their Starfish Backpack Program.



What we've done:

- We did Joy Boxes to spread joy in our community during the holiday season.



What we can do: ♦

- Some small gestures we can do to spread kindness in our community is, hold the door for someone, saying hello, donate food and clothes



REAL ACTS
of **CARING**



Permission: ◆



We want this to be something that people don't hold back from, no matter who they're talking to. So try a RAC and see how good it feels to be kind!



We are asking you to make RAC week officially February 8-14, 2026 in Penticton.



