



# #ShipBeKind

@Ship\_ssrc @Shipwellness @ShippensburgU



Kindness is defined as “the quality of being friendly, generous, and considerate”. Genuine kindness expressed through daily living has the potential to change lives by making individuals feel cared for. The #BeKind movement brings awareness of the importance of kindness in everyone’s lives during the week of November. #ShipBeKind encourages people to carry out acts of kindness in our community.

November 11-15 is also The Education for Students Experiencing Homelessness Awareness Week with November 15th being wear Red Shirt Day. Scan the QR code to learn more.



Scan this QR code to learn more about SCRC during #ShipBeKind

## November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10</b>  <b>SHOW KINDNESS BY SUPPORTING A LOCAL BUSINESS, DONATING ITEMS, OR VOLUNTEERING</b>	<b>11</b> <b>Veterans Day!</b>  <b>CUB GREAT HALL 2-4PM WRITE A THANK YOU CARD TO A VETERAN</b>	<b>12</b>  <b>CUB GREAT HALL 2-4PM KINDNESS SHOUT OUT!</b>	<b>13</b> <b>National World Kindness Day!</b>  <b>CUB GREAT HALL 11AM FREE HEART SHAPED DONUTS</b>  <b>WEAR #SHIPBEKIND MERCH!</b>	<b>14</b>  <b>CUB GREAT HALL 2-4PM PAINT A KINDNESS ROCK</b>	<b>15</b>  <b>SPEND QUALITY TIME WITH A FRIEND OR FAMILY MEMBER</b>  <b>WEAR RED SHIRT DAY</b>	<b>16</b>  <b>SHARE A POST ABOUT KINDNESS ON SOCIAL MEDIA USING #SHIPBEKIND</b>