



#ShipBeKind



@Ship_src @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.

Scan the QR code to learn more.

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

November 10-16, 2025 Shippensburg University Calendar

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