








World Kindness Day - November 13th

World Kindness Day is a beautiful reminder that even the smallest acts of kindness can make a big difference. For children, kindness helps build empathy, confidence, and stronger relationships. Here are some ways you can help nurture these values through simple, everyday actions.

Here are a few child-friendly random acts of kindness to try together:

-  Make a kindness card for a friend, teacher, or neighbour.
-  Bake treats and share them with someone who might need a pick-me-up.
-  Create a "kindness jar" - fill it with kind notes or ideas and pick one each day.
-  Donate a book or toy to a local charity or school.
-  Give compliments freely - encourage your child to say something nice to someone each day.
-  Help a younger child with a task or include them in play.
-  Plant something together and dedicate it to someone special.

Kindness grows when we share it. Let's celebrate this day by showing children how powerful their actions can be.

Padlet

Inclusive Education Services • 12d

Be You Awareness Calendar 2025-2026

September


October

November

December

January


6th | Junior Great North Run



greatrun.org

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All | International Walk to School Month



livingstreets.org.uk

International Walk to School Month


3rd - 7th | International Stress Awareness Week



isma.org.uk

Global Online Stress Summit | ISMA Stress Management Association

2nd - 8th | National Grief Awareness Week




thegoodgrieftrust.org

National Grief Awareness Week

January


All | Veganuary



veganuary.com


Veganuary - the international movement inspiring people to try vegan!

10th | World Suicide Prevention Day




iasp.info

All | National Bullying Prevention Month

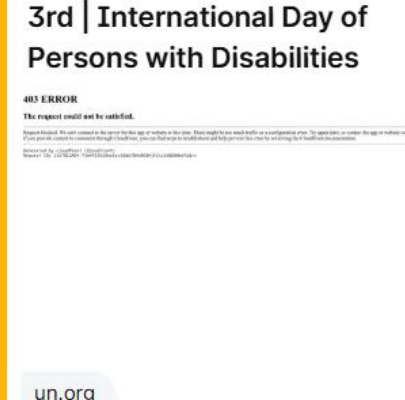


9th | Social Media Kindness Day




MAKE YOUR PLEDGE

3rd | International Day of Persons with Disabilities



un.org

2nd | World Introvert Day



introvert.day

World Introvert Day - Official Website

We have created a Be You Awareness Calendar with key dates across the academic year.

You may wish to cover some of them in school or share information with your parents and carers.



KINDNESS BINGO				52LIVES
Invite someone new to play with you	Let someone go in front of you in line	Say something kind to a class mate	Thank a grown up for helping you	
Write a kind note for someone in your family	Tidy up without being asked	Say hello to someone new	Hold a door open for someone	
Smile at someone	Pick up some litter in the playground	Push a friend's chair in for them	Sharpen someone's pencil	
Write down 3 things you love about yourself	Tell a friend a funny joke	Ask someone if they need help	Say sorry if you've done something wrong	

[School of Kindness | Encouraging Kindness in Schools](#)

Resources

[Kids and Families - Kindness](#)

kindness.org

Kindness Walk

Kindness is a choice we can make over and over again. And every time we do, we make a difference to those around us. Take a Kindness Walk and bring more kindness into your life step-by-step.

Give someone a compliment	<p>Pick up litter from outside</p> <p>Make someone laugh</p>	<p>Share something with a sibling or friend</p> <p>Say "thank you" to someone</p>
Smile at someone you don't know		
Encourage or cheer for someone else	<p>Make a card and give it to someone</p> <p>Give someone a hug</p>	<p>Ask someone, "How are you?"</p> <p>Hold a door open for someone else</p>
Listen to a friend or relative with care		
Call a friend or relative you haven't spoken to in a while		

Let's Talk About It!

- Which kind acts were the easiest for you to perform?
- How did the people receiving kindness seem to feel?
- How did you feel after performing kind acts?
- How else can you show kindness today?

Explore more resources for kids and families [here](#). This activity has been modified from the [K&L Learn Kind curriculum](#).

The power of kindness calendar

Use your calendar to record your daily kindness acts.

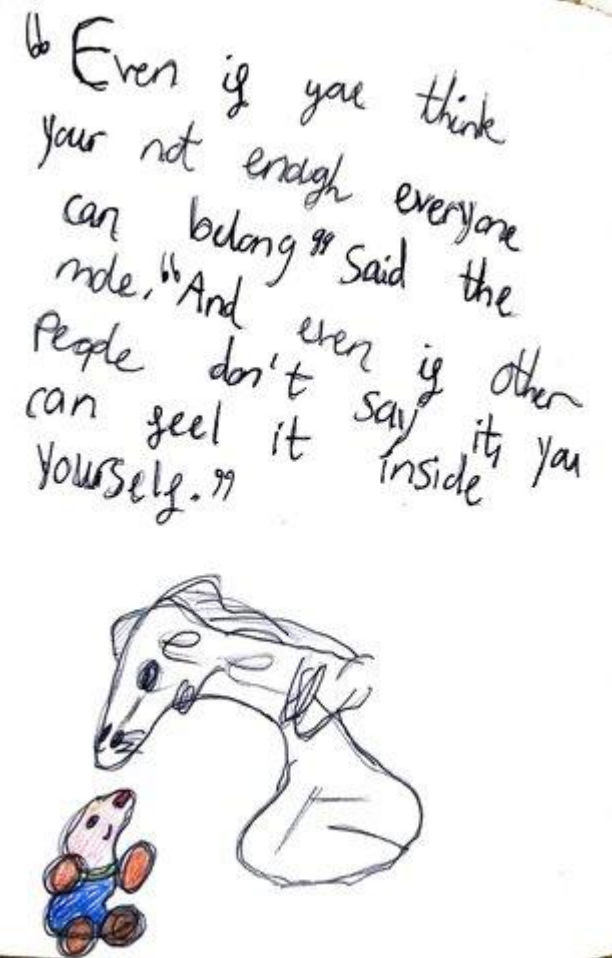
month		year						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		

Congratulations

Being kind sends a powerful message about our connections to each other and the world around us.

[Kindness and wellbeing teaching resources](#)

[World Kindness Day | The Boy, the Mole, the Fox and the Horse | National Literacy Trust](#)



5 Ways to Wellbeing

World Kindness Day - Let's Spread a Little Joy!
This World Kindness Day, we're celebrating how small acts of kindness can make a big difference to our wellbeing. The *Five Ways to Wellbeing*—**Connect, Be Active, Take Notice, Keep Learning, and Give**—are simple actions we can all take to feel good and do good. Whether it's a smile, a thank-you, or helping a friend, kindness is a powerful way to boost mental health and build a happier school community.



Positive Noticing



There are lots of useful resources available on the Positive Noticing Day website: www.positivenoticingday.com, including information for parents, downloadable labels and briefing videos explaining what the day is all about.

Tell us what you've done in your school for
World Kindness Day...

Contact us at

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