



b kinder school handbook 2027



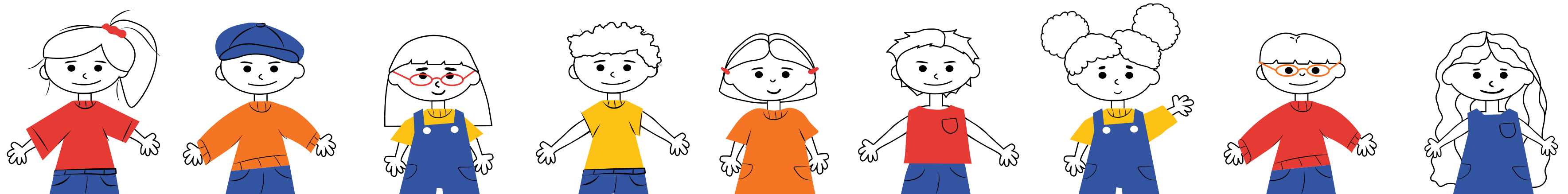
b kinder foundation

b kinder
foundation



empowering children to make a difference

Through early intervention and prevention, our programs and resources empower and inspire children and young people to become kinder, more empathetic and more compassionate, ultimately helping to reduce mental health issues, bullying and suicide.



the b kinder story

The flyhighbillie charity trading as the b kinder foundation was set up to honour **the amazing legacy and incredible spirit of 12-year-old Billie Kinder**. Our mission is to spread kindness across Australia, ensuring it becomes a core value in every preschool, primary and high school. Billie's inspiring words, poems and stories are the cornerstone of our unique, evidence-based resources and programs, equipping children with practical tools and strategies to cultivate wellbeing, belonging and lasting self-esteem. We believe that language shapes perception, and perception shapes culture. A shift in terminology could help move the narrative from reacting to harm towards proactively building kindness.

When b kinder talks about the impact of kindness, it's not just about soft gestures; it's about shifting attitudes, systems, and the way we value each other. It's about creating a culture where kindness is the foundation for education, policy, leadership, and community. **The more we can embed our resources and values like empathy from the very beginning of education, the more likely we are to prevent harmful cycles.**



CEO, Founder and Billie's Mum, Danny Mayson-Kinder leads the b kinder foundation's expansion across Australia, reaching over 400 schools and 100,000+ students. Her commitment to early intervention and prevention in youth mental health has earned global recognition: **Overall Shine Awards 2024 winner by Newscorp, Winner of People's Choice Award and Bronze in Wellbeing Programs category at Women's Changing the World Awards 2026.**

the problem

youth mental health

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Across the globe we are witnessing an ever-increasing amount of anxiety, depression, bullying, helplessness and dysregulation in young people. Children today are inundated with these topics and there is a glaring absence of positive messages. Research suggests current measures and policies are inadequate at meeting the diverse needs of young people today. If we are serious about shifting the current trajectory of youth mental health, then we must intervene early and provide children with the necessary skills to flourish. Through the b kinder initiatives and programs, we help children understand the importance of kindness, compassion, and empathy and continue to work towards a future where kindness shapes not only the way we educate, but the way we live.

how we are helping

b kinder foundation

the continuing impact of our programs, resources and initiatives:



400+

schools participating
in a b kinder day.



Over 170,000

b kinder day cards sent
around the world.



68

schools utilising the b kinder workbooks.

Over 15,000

b kinder workbooks distributed.



70+

b kinder schools.

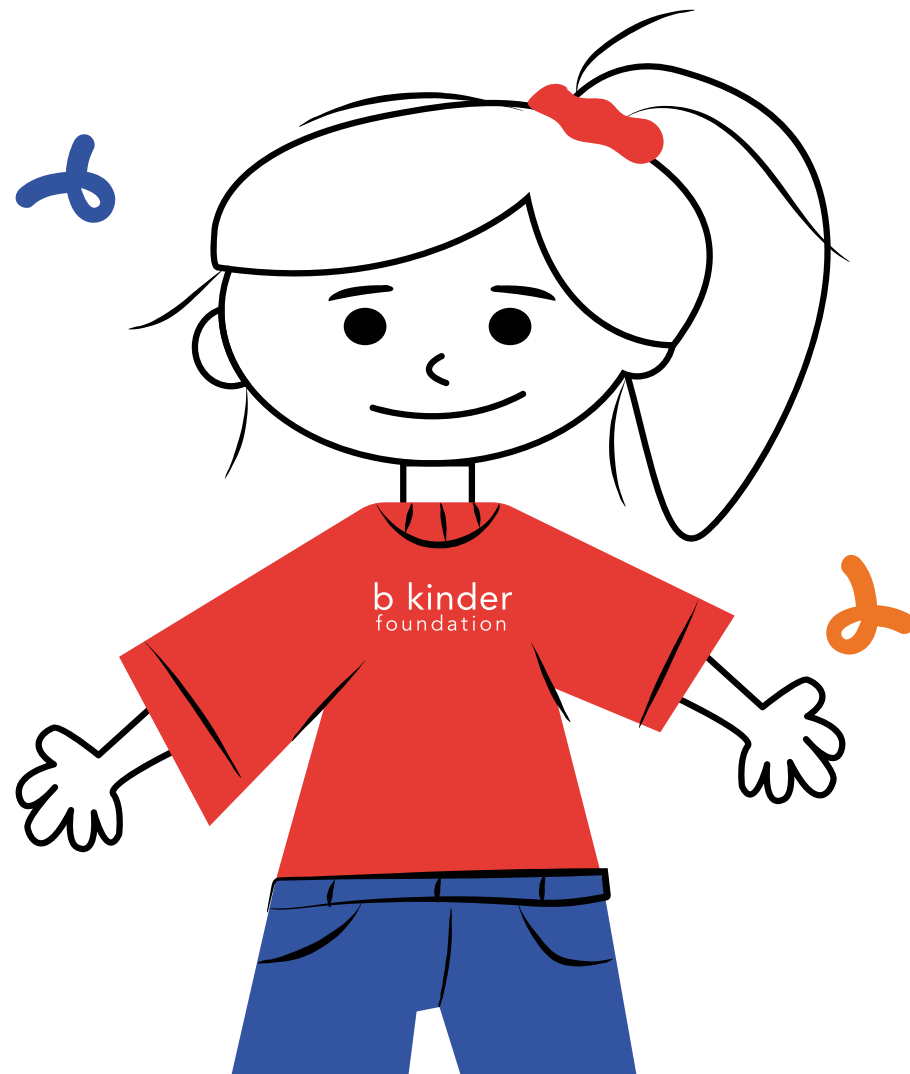


Over 800

student leaders have
participated in our
workshops and
summits for 2026.

how b kinder works

Our evidence-based kindness programs and resources can work as standalone initiatives or be combined for maximum impact, with flexible options for student leadership teams or whole-school participation.



This annual flagship program empowers student leadership teams to drive cultural change by committing to five student-led kindness initiatives and includes:

b kinder workshops

Two virtual or in-person workshops to empower young people to realise the strength of kindness and their ability to be agents of change.

b kinder summit

One transformative in-person all day event where student leaders from b kinder schools connect and collaborate.

The annual b kinder school subscription for 2027 is \$795.00 per school per year.

b kinder school program

As part of your school's annual subscription, your student leadership team will have five kindness initiatives to implement over the course of the year. These initiatives are designed to be student-led and supported by teachers. For the greatest impact, we really encourage all student leaders to be at the forefront of all decision making.

1. Organise b kinder day activities for the school

b kinder day is an annual event on the 22nd of June (or a day that suits your school best). This day addresses what it means to be kind, and we suggest a whole school event that your student leadership team can organise.

2. Create a safe space within the school

Student leaders create a safe space around the school that children can go to if they are feeling lonely or sad. Suggestions include: 'Billies Bench', a friendship bench, a quiet space in the library or garden. The student leaders might like to monitor the space and reach out to anyone sitting on it to see if they would like to join them in their game or lunch group.

3. Recognise kindness in others

When your student leadership team recognise another student demonstrating kindness, they may like to reward them with a sticker or even design a certificate which could be awarded at a weekly assembly. It is up to the student leaders how they would like to recognise and acknowledge kindness.

4. Commit to community service

Most schools already participate in community service, but as part of the b kinder school program we encourage schools' leaders to choose how they would like to commit to community service. This might be anything from picking up rubbish at the local park, or baking cakes for people in need, or fundraising for a cause the school supports.

5. Connect with other student leaders

As part of the b kinder school program, your student leadership team will also engage in 2 online and/or in-person workshops. They will also be invited to attend our annual b kinder summit. There will be approx. 10 other schools attending all these events, so the students will be collaborating with other student leaders from several different states.

b kinder workshops

Student leaders come together with other b kinder schools to connect and collaborate. These workshops empower young people to realise the strength of kindness and their ability to be agents of change.

Your school will participate in 2 b kinder workshops. Our facilitators include:

- **Dr Mark Williams - The Neuroscience of Kindness**

In this workshop Dr Williams will explore how our brain works, how it evolved to enable connection and why kindness is our greatest asset.

- **Catherine Kolomyjec - Leading with Compassion**

This workshop will help students understand the physiological and psychological benefits of being kind and discuss what it means to be a kind and compassionate leader.

- **Matthew Smith - Celebrating Difference & Modelling Kindness**

In this session students will learn about difference and diversity, and how they can build positive bystander behaviours to promote kindness.



b kinder summits

In Collaboration with illuminate Education Australia. Created especially for our b kinder school student leaders and facilitated by illuminate Education Australia, these events are designed to spark thought, ignite passion, and build momentum. Students leave inspired and equipped to take meaningful action in their schools and communities and become ambassadors for a kinder world.



b kinder day

An annual kindness event held on 22nd June. We suggest this is a whole school event so students can come together to spread kindness through b kinder day cards. This can be a standalone activity. On b kinder day we invite all b kinder schools, organisations, businesses, and communities to participate in spreading kindness.

The main activity on the day is for everyone to purchase one of Billie's beautifully illustrated b kinder cards and create a kind message. Students can write or draw in their cards, and give them to someone they care about. b kinder cards are \$1.20 each and come with free b kinder day posters and balloons. **Order cards at: b kinder day cards.**

Other ways to participate:

- Passing toys of kindness
- Secret kindness name games
- Visiting nursing homes
- Planting sunflowers
- Baking cakes for people who are currently homeless
- Writing kindness stories



b kinder workbooks

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With the help of teachers and psychologists, our 4 unique, positive, and age-appropriate b kinder workbooks are designed to initiate discussions surrounding emotions that can be difficult for the young to communicate.

Billie's inspiring poems and stories are the cornerstone of the b kinder workbooks that aim to build empathy, compassion, resilience and confidence.

They encourage students to identify and develop their strengths, self-regulate their emotions and make a difference by being kind.

The associated units of work focus on the strands of Health, Wellbeing and Relationships. The b kinder workbooks have been independently reviewed and added to the Be You Programs Directory, and the ACER wellbeing resource pages.

These can be a standalone resource for your whole school or selected grades.

\$9.95 per workbook (4 workbooks designed for ages from 3 – 13 years).

our impact

Huber Social Impact Reports show a substantial shift in children’s wellbeing in the following areas:

Life Skills (relationship skills)

Wellness (connection & purpose)

Resilience (coping & adaptability)

With over 500 paired sets of data from an independent organisation evaluating statistical subjective wellbeing, evidence shows that students who participate in b kinder programs benefit from improved wellbeing outcomes such as increased self-confidence, feelings of independence, higher levels of positive reciprocity in relationships, and a deeper sense of connectedness with their school and community.

our social impact statement 2026



82%
of students agreed the program helped them become a better leader.



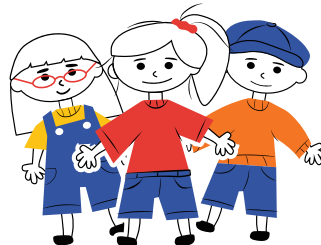
74%
agreed they had learnt skills they will use throughout life.



73%
agreed the program helped them feel more confident to help others.



69%
agreed the program helped them become kinder, more compassionate, and more empathetic.



68%
agreed the program helped them understand others better.

Source: 64 grade 5/6 students from Queensland primary schools.

From the same cohort, students reported statistically significant improvements across a broad range of leadership and social-emotional skills following the b kinder school program. The strongest gains were in kindness (+11%, $p < .001$), empowerment (+9%, $p = .001$), self-discipline (+9%, $p = .014$), problem-solving (+9%, $p = .002$), and role modelling (+8%, $p = .005$). These findings indicate the program significantly strengthens students' capacity to lead with kindness while developing the skills needed to create positive change within their school communities.

b kinder – testimonials

"I want to make a difference just like Billie."

- Grade 4 student.

"It has made me understand that even if I make a small change to the world, it will still make a difference."

- Grade 6 student leader.

"I really like the b kinder workbooks because every time we use it and then go into the playground, everyone is nice to each other."

- Grade 3 student.

"The b kinder initiative fills us with a sense of optimism for our future."

- Michelle De Paoli, Glenorchy primary school.

"The b kinder programs and resources show that our actions can make a difference and include tools that can help children, teachers and families to make the world a kinder and more compassionate place."

- Dr Cathie Harrison EdD, MEd, B.Ed Education Consultant.

"It [the b kinder school program] has been one of the best student leadership programs we have had, promoting agency, student voice and connection, and I would say it is probably the most invested I have seen students in real, authentic leadership."

- Monique Carter – Former Principal of Lansdowne Crescent Primary School.



contact information

b kinder foundation is a DGR1 endorsed, ACNC registered charity. **ABN: 77623129493**

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