information kit

b kinder day

22nd June

b kinder foundation

REGISTERED CHARITY
acnc.gov.au/charityregister

about b kinder day

The world could certainly use a little more kindness, so the purpose of b kinder day is to discuss kindness, to empower children and show us all that our actions do matter and we each have the ability to make a difference. We would like all schools, organisations, businesses and communities to take part in b kinder day, an annual day on **22nd June** celebrated worldwide, that encourages thoughtfulness and empathy.

about b kinder foundation

The b kinder foundation was set up to honour the amazing legacy of 12 year old Billie Kinder. The b kinder foundation is a fully registered charity with DGR status committed to spreading empathy, kindness and compassion to reduce mental health issues, bully and suicide in children and young people.

bkinderfoundation.org

start spreading kindness

We all have a region in our brains known as the Cooperative Centre. It's a part of the brain that allows us to positively collaborate with others and to be kind to one another. We are all born with this innate capacity for kindness.

But, just like any part of the brain the Cooperative Centre is flexible, it is maintained if used often enough, or it can shrink away. Kindness is a part of our nature, but education allows us to maintain our Cooperative Centre. Kindness education in schools can foster a culture of kindness and students will be surrounded by examples of kindness from an early age and learn to make kindness a habit. This strengthens the Cooperative Centre and students today will grow into kinder adults.

bkinderfoundation.org

be kind whenever possible, it's always possible

Positive messages are needed now more than ever. Mission Australia reported that 4 in 10 students are concerned about coping with stress, body image, school or study problems. Anxiety levels have increased significantly in the last decade with suicide now being the single largest killer of Australian youth. 1 in 4 secondary students and 1 in 7 in primary school students now has a mental health condition.

A recent article from the Murdoch Children's Research Institute states that "With about 50% of mental health disorders beginning before the age of 14 years, prevention and early intervention are paramount if we want to reduce lifetime prevalence of mental health disorders and allow children to live their best possible lives".

The need for kindness has never been greater.

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b kinder day in schools

The main activity on **b kinder day** is that everyone is encouraged to purchase one of Billie's b kinder cards to write to someone they care about.

In the last two years, over 130,000 b kinder cards full of wonderful messages were sent around the world.

In schools, the children write or draw in their cards, take them home to their parents/guardians and post or deliver them, increasing the ripple effect of kindness.

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how to order

All orders include free b kinder day posters and b kinder day balloons. Please note b kinder day balloons are biodegradable.

Postage is a flat rate shipping charge depending on the quantity of b kinder day cards ordered.

order cards here

bkinderfoundation.org

kindness activities

In addition to sending a b kinder day card, we encourage each grade/class to take part in other kindness activities. These have included:

- passing toys of kindness
- secret kindness name games
- visiting nursing homes
- planting sunflowers
- making cakes for people that are currently homeless
- writing kindness stories

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testimonials

b Kinder Day is the most impressive and moving school and class event that I have witnessed in my 18 years as a teacher. Students displayed a deep sense of care for special people who had impacted them. In writing their thoughts using b kinder day cards, students were able to express deep feelings about special individuals in their lives. I would highly recommend any school to organise this day, to touch the lives of both young and old alike.

Geoff McNab *Year 6 Teacher*
Arndell Anglican College

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connect and share

We would love for everyone to take part on **b kinder day**

Please upload photos from your day to **#b_kinder_foundation**

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thank you for spreading kindness!

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b kinder foundation

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