

information kit

walk for a kinder world

13 November 2024





about walk for a kinder world

This year the walk for a kinder world is about pledging to take action, coming together with others and taking a stand to make the world a kinder place.

Help us spread kindness and put an end to bullying, loneliness, mental health issues and suicide on World Kindness Day, 13th November, or a day that suits you.

Make a difference at home, in your workplace or at school by simply making a \$10 pledge to be kind and taking a walk. Pledge here:

<https://www.bkinderfoundation.org/event/walkforkindness/>

about flyhighbillie/b kinder foundation

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

Prevention is better than cure

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 a lifetime prevalence of mental health disorders and allow children to live their best possible lives". Source: Murdoch Children's Research Institute

Science shows that acts of kindness and compassion increase wellbeing and improve self-esteem. People's actions do matter and we each have the power to make a difference.

Pledge to walk for a kinder world



start spreading kindness



pledge online

make your kindness pledge:

- Head to <https://www.bkinderfoundation.org/event/walkforkindness/home>
- Pledge to walk with your \$10 donation. Get friends and family to pledge alongside you and share the social media tile to encourage everyone to join us.
- Action and commit your pledge by taking a walk.

go for a walk

Your walk could be a walk down your garden path, a walk around the playground, a hike through the bush, a stroll through the city or a run along the beach. You could get family and friends to join you or set up a team in your workplace.

Pledge to walk for a kinder world



schools walking for a kinder world

There's nothing like a student-led project to gain traction among the school community as a whole. Evidence shows students who practice pro-social behaviours benefit from improved wellbeing outcomes such as increased self-confidence, feelings of independence, and a deeper sense of connectedness with their school.



Simply pledge the name of the school (\$10 for the whole school): [pledge here](#)

Suggestions should you want to spread kindness on your walk



you could purchase some sunflowers and hand them to strangers as you walk



go for a walk and leave a kindness card in someone's letterbox



give compliments to strangers you pass



walk someone's dog



pick up litter along the way



help an elderly person go for a short walk



Pledge to walk for a kinder world



where does your pledge money go?

Your \$10 donation will spread kindness by providing a primary school student with their own b kinder workbook, a unique and interactive learning tool which initiates discussions surrounding emotions that can be difficult for the young to communicate. This highly effective kindness resource has been shown to reduce mental health issues, bullying and suicide.

Everybody can take a stand and make a difference just by being kind.



connect and share

Connect with friends, family and colleagues and ask them to pledge to be kind too.

Share our pledge tile on your social media. Please tag all your social media posts with #bkinder

Pledge to walk for a kinder world



Thank you for joining the growing number of people pledging to be kind.

Pledge to be kind:

<https://www.bkinderfoundation.org/event/walkfor kindness/home>



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