

information kit

walk for a kinder world

Thursday 13th November 2025





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 your school or business and pledge your involvement here:

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

about the b kinder foundation

The b kinder foundation was created to honour the amazing legacy of 12-year-old Billie Kinder. We are a registered charity with DGR status committed to deliver unique kindness resources and initiatives that inspire and empower students, businesses and communities.

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: schools

Join schools across Australia in a celebration of kindness and inclusion to celebrate World Kindness Day. The 'walk for a kinder world' is a fun, school-led event where students and staff:

- Dress in rainbow casual clothes or accessories (or choose one colour per class/year group)
- Take part in a walk around the oval, playground, or local community
- Create a personal pledge to be kind
- Make a gold coin donation to support the b kinder foundation

It's a simple, meaningful way to bring your whole school together while raising vital funds to build resilience, empathy, and kindness in young people.

Have fun by:

1. Playing music, using banners or colourful balloons to decorate your school
2. Empowering your student leaders to lead the walkers
3. Encouraging students to share kindness pledges
4. Creating a kindness wall filled with positive messages
5. Taking a rainbow photo to share to social media

What we provide:

- Posters (digital, ready to print)
- Parent letter template
- Newsletter blurb
- Participation certificate for your school

Head to <https://www.bkinderfoundation.org/event/walkforkindness/donate> or contact info@bkinderfoundation.org.



start spreading kindness: businesses



Join businesses across Australia for a simple but powerful way to bring kindness into your workplace with a 'walk for a kinder world'.

This is a fun workplace activation for World Kindness Day to:

- Gather your team and go for a walk - around the block, to the coffee shop, through the park or even around the office.
- Put down the phones and connect with each other.
- Create a personal pledge to be kind
- Make a donation of any size to support the b kinder foundation.

Take part to:

1. Boost wellbeing and connection in your team
2. Demonstrate that your workplace appreciates the power of kindness
3. Show your support for the growing kindness movement across Australia

What we provide:

- Posters (digital, ready to print)
- Participation certificate for your business
- Information about becoming a b kinder workplace

Head to

<https://www.bkinderfoundation.org/event/walkforkindness/donate>
or contact info@bkinderfoundation.org.

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 donation will enable the b kinder foundation to provide our unique programs, resources and initiatives in schools around Australia where they are needed most. Our approach is based around positive prevention rather than band-aiding and has been shown to reduce mental health issues, bullying and suicide. This important work has never been more crucial with our youth in crisis.

Remember, 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/walkforkindness/donate>



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