

fundraising kit

# walk for a kinder world

13 November 2023





## about walk for a kinder world

Connecting people around the world one kindness step at a time. 13th November 2023 is world kindness day and flyhighbillie are so excited to be holding our “walk for a kinder world”. Walk for a kinder world is about walking with purpose. All you need to do is set up your fundraising page at [walk for a kinder world](#). You can decide how far you would like to walk and ask friends, family and colleagues to sponsor you.

## about flyhighbillie

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

The flyhighbillie charity is now trading as the b kinder foundation.



## 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.

[register to walk for a kinder world](#)



# start spreading kindness



## register online

We would love for you to pledge \$10. You can choose how far you would like to walk and your optional fundraising target. You will receive a fundraising page and online dashboard where you will also have access to our Facebook page. You will also find fundraising resources to help you set up everything you need.

## track your progress

Once you have chosen your date/dates and walking locations, you can log your kilometres via your online dashboard. You can set your milestones and you will see your achievement badges light up as you go. You can also watch the overall kilometres grow as we walk for our kinder world.

[register 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.



[register to walk for a kinder world](#)





## spread kindness while you 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



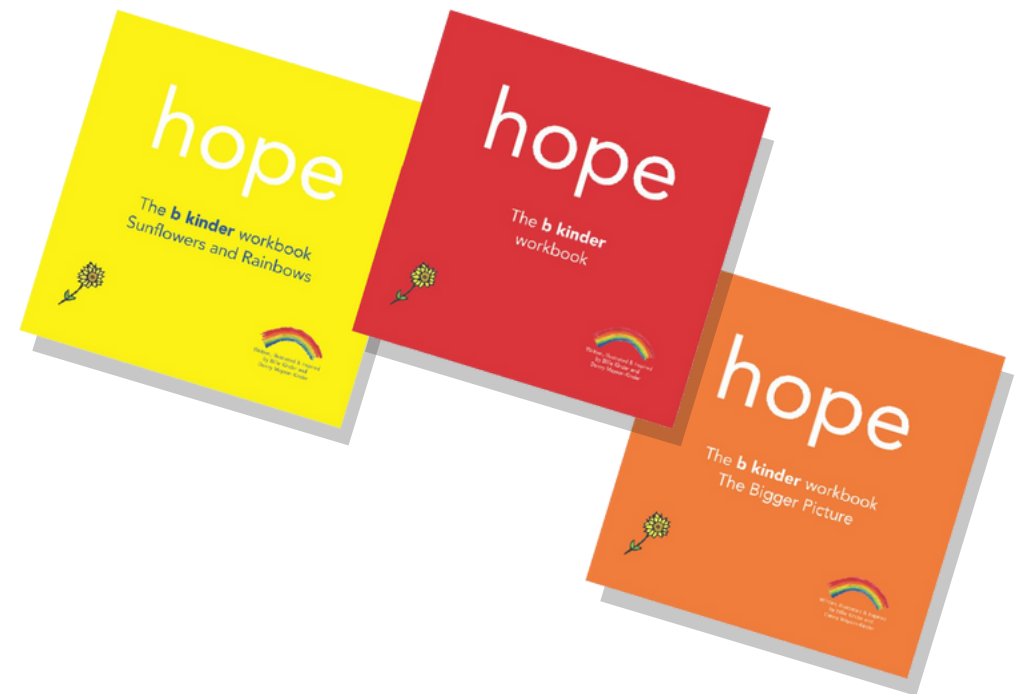
help an elderly person  
go for a short walk

[register to walk for a kinder world](#)



## where does your money go?

Monies raised will ensure that our b kinder workbooks, kindness resources and online programs are made available to as many primary school children in Australia as possible. Schools can use the money they raise to purchase their own workbooks or choose to have them donated to another school of their choice. (\$10 raised purchases a b kinder workbook).







## connect and share

Connect with friends, family and colleagues and ask them to sponsor your walk. Share on social media using the variety of templates in the resources section.

Please tag all your social media posts with #bkinderwalk

[register to walk for a kinder world](#)





# thank you for spreading kindness!

[bkinderfoundation.org/register/walkforkindness/  
defaultregistrationform](https://bkinderfoundation.org/register/walkforkindness/defaultregistrationform)



walk for a  
**kinder world**

