

WORLD KINDNESS DAY

Let's play Kindness Bingo to celebrate World Kindness Day!
How many of these acts of kindness can you cross off?

invite
someone
new to
play with
you

let
someone
go in front
of you
in line

tidy up
without
being
asked

thank a
grown up
for helping
you

write a kind
note for
someone in
your family

 Kindness is
free.
Sprinkle it
everywhere.

pick up
some litter
in the
playground

compliment
someone

Kindness releases
feel-good chemicals in
our bodies and helps
us feel happier!

say sorry
if you've
done
something
wrong

ask
someone
about their
day

tell a
friend
a funny
joke

hold open
the door
for
someone

ask
someone if
they need
help

How did World Kindness Day begin?

World Kindness Day first launched in 1998 by The World Kindness Movement, an organization formed in 1997 at a conference in Japan that brought together kindness organizations from around the world. The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and countries towards greater kindness.



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