World Kindness Day, Friday, November 13, 2026



Kindness for everyone

One kind thing, on purpose. Pick an act for your age, save one for yourself, and try one as a family. No purchases, no special supplies.

Every act comes from the KIND Principles™, four simple lines anyone can practice.

K	I	N	D
Keep noticing	Include someone	Name the feeling	Dare to help

For ages 3 to 6: little ones start with Kind Eyes (point to your eyes and notice), Kind Heart (hand on your heart and feel), and Kind Hands (hands out and help).

Kindness goes three ways: toward others, toward yourself, and around you.

Toward others: acts by age

Ages 3 to 4

For grown-ups: At this age, kindness lives in the body: Kind Eyes (point to your eyes), Kind Heart (hand on your heart), and Kind Hands (hands out). Pick the one that fits your day and do it together.

Kind Eyes Notice and tell a grown-up when...
Pick one: a friend looks sad; someone is playing alone; someone dropped something; someone's hands are full

Kind Heart Say "thank you" to...
Pick one: a teacher; the bus driver; whoever made lunch; a neighbor

Kind Heart Wave and say "good morning" to...
Pick one: a neighbor; a teacher; a friend at school; a grandparent or cousin

Kind Hands Take turns...
Pick one: with a toy; on the slide; picking a song; turning the pages of a book

Ages 5 to 6

For grown-ups: Kids this age still learn best with Kind Eyes, Kind Heart, and Kind Hands. Let your child choose, then help them get started.

Kind Eyes Notice and ask, “Can I help?” when…
Pick one: someone is carrying a lot; a friend falls down; someone lost something; a classmate is left out

Kind Hands Help when it’s time to eat
Pick one: hand each person a napkin; carry the spoons to where you eat; throw away your trash; thank whoever made the food

Kind Heart Tell someone…
Pick one: “I like your drawing.” “You’re a good helper.” “Thanks for taking care of me.” “You’re fun to play with.”

Kind Hands Draw a picture for…
Pick one: a teacher; a neighbor; a grandparent or cousin; the crossing guard

Ages 7 to 10

For grown-ups: This is when kids meet the four KIND lines. Let your child choose, and talk about why it mattered.

K Notice…
Keep noticing. Pick one: who is sitting alone at lunch; when a friend gets quiet; who needs help carrying something; how your body feels when you’re upset

I Include someone
Include someone. Pick one: sit with someone who is alone at lunch; ask someone new to play at recess; pick someone left out as your partner; invite a younger kid into your game

N Name a feeling, then ask how someone else feels…
Name the feeling. Pick one: at breakfast; at school; at bedtime

D Help someone with something they’re learning
Dare to help. Pick one: read a book with a younger kid; practice spelling words with a classmate; show a friend how to tie their shoes; help a classmate stuck on a math problem

Middle school

For parents: Middle schoolers can spot what others need. Help your child pick an act that feels easy, then ask how it went at dinner or on the ride home.

K Check on someone who's having a hard day
Keep noticing. For example: text "Hey, you okay?", sit with them at lunch, or walk with them to class

I Invite someone new into your group
Include someone. For example: sit with a new student at lunch, or add someone to a game or project team

N Name how you feel, then ask how a friend feels
Name the feeling. For example: "I'm nervous about the test. Are you?" or text a friend "Rough day for me. How's yours?"

D Help someone who's stuck, even if it feels a little awkward
Dare to help. For example: show a new student where their class is, help pick up dropped books, or tell a trusted adult if something isn't right

Upper school

For parents: Teens can lead by example. Ask which act they picked, share yours too, and let them choose how much to tell you about it.

K Notice what a younger student needs
Keep noticing. For example: help them find their way, share a study tip, or cheer them on at their game

I Make room for someone outside your usual group
Include someone. For example: invite a classmate to study, eat lunch, or come to a club meeting

N Name how you're really feeling, then ask a friend and listen
Name the feeling. For example: "Honestly, I'm stressed this week. How are you really?" Then put your phone away while they answer.

D Help out in your community
Dare to help. For example: give up your seat on the bus, hold the door, or help a neighbor carry groceries

Adults

For you: Kindness doesn't age out. If you're a parent, do your act where your child can see it.

K Check on a neighbor
Keep noticing. For example: an older neighbor, a new parent on your block, or someone who lives alone: knock, call, or text

I Include someone at work or in your community
Include someone. For example: invite a new coworker to lunch, introduce yourself to a new neighbor, or save someone a seat

N Name your own feeling out loud, then ask someone about theirs
Name the feeling. For example: "I'm stretched thin this week. How are you really?" to a coworker or friend. If you're a parent, naming your feelings shows your kids how.

D Step in when someone needs a hand
Dare to help. For example: help a parent with a stroller on the bus steps, help someone gather dropped groceries, or cover for a coworker having a rough week

Toward yourself

Being kind to yourself is part of being kind. These work for kids and grown-ups.

Check in with your body
Take three slow breaths and name one feeling you notice.

Go on a walk
Around the block, to the park, or a slow lap at home if the weather says no.

Take care of your mind
Rest, write down what's on your mind, or talk with someone you trust about how you're feeling.

Try a no-scrolling day
Or a no-scrolling evening if a full day feels like a lot. Put phones in a basket and pick something screen-free together.

Say something good about yourself
"I am trying. I am loved. I am learning. I am enough."

Around you, as a family

Take care of the people and places around you, together.

Clean up a space you share, safely
A sidewalk, a playground, a park, or the road near home. Kids wear gloves if you have them and hold the bag. Grown-ups pick up anything sharp, broken, or messy. Stay on the sidewalk and away from traffic.

Share from what you have

Donate clothes that no longer fit, or a few items from your pantry to a food bank or community fridge. If giving things isn't right for your family this year, give time instead and help a neighbor together.

Help each other where you live

Wherever home is right now, pick a job someone else usually does and do it together: fold laundry, carry things in, or tidy a shared space.

Make a thank-you card together

For someone in your neighborhood who helps your family, like a mail carrier, crossing guard, or neighbor.

Try a card from the Gleea app

The Quiet Check-In

READ:
Before we help anyone else, we listen to our own hearts. Feelings can be loud or quiet, but they all matter.

DO:
Pause together. Take three slow breaths. Notice: Is your body still or wiggly? Is your breathing fast or slow? Each person names one feeling they notice.

SHINE:
How did your body feel after the pause? Did naming the feeling help?

Kindness Garden | Ages 3 to 8

Kind Words to Myself

READ:
We talk to ourselves all day long, inside our heads. Kind words help our hearts grow strong.

DO:
Finish this sentence out loud or quietly: "I am..." with something true and kind. (Try: I am trying. I am loved. I am learning. I am enough.)

SHINE:
How did it feel to say that? Was it easy or tricky?

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