

KINDNESS DAY UK

FRIDAY 13TH NOVEMBER 2026

FOUNDED BY
ACT AGAINST BULLYING

ANTI-BULLYING WEEK

MON 16TH - FRI 20TH NOVEMBER 2026

KINDNESS DAY UK FALLS ON THE FRIDAY BEFORE ANTI-BULLYING WEEK.

**PRAISE, DON'T PUT DOWN.
SAY SOMETHING THAT MAKES SOMEONE FEEL GOOD**



ACT AGAINST BULLYING

Share your kind acts online and help others
realise it's cool to be kind. Follow and tag us:

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