

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.



COOL TO BE KIND
KINDNESS BEATS BULLYING

HOW CAN YOU ENCOURAGE KINDNESS AND TAKE PART? HERE ARE SOME IDEAS...

- Create a student kindness committee to run a Kindness Day.
- Hold a short story competition with a kind theme and read out the best on Kindness Day.
- Make a list of all the positive effects kindness has had on your life and share them with a group.
- Dedicate a 'kind area' at the school playground or those to go to and so someone else can be kind and include them.
- Include the subject of kindness in a writing assessment to get students thinking about acts of kindness in a new way.
- Put posters up around the school.
- Circulate a magazine or leaflet about everything that occurred on Kindness Day - spreading the word can inspire others to want to be kind too.

ACT AGAINST BULLYING

Act Against Bullying is an anti-bullying charity registered in England and Wales supporting those affected by bullying particularly in schools.

Every year AAB circulates its 'Cool to be kind' campaign to encourage a change in attitude among young people. Share your kind act with us on social media and inspire others to realise that it's cool to be kind. For more information, support or to find out more about AAB and how to support the charity:

X: @ACTAGAINSTBULLY
IG: @_ACTAGAINSTBULLYING
FB: @ACTAGAINSTBULLYING
WEB: WWW.ACTAGAINSTBULLYING.ORG