



# World Kindness Day (13th November 2021)



World Kindness Day (WKD) was launched in 1998 by The World Kindness Movement. Their mission is to create a kinder world by inspiring people towards greater kindness. The aim of World Kindness Day is to encourage children to spread kindness to people who need it most, while learning about the impact being kind has on their own physical and mental health.

This year WKD also ties in with Anti-Bullying Week's (15th -19th November 2021) theme, 'One Kind Word', emphasising the positive impact a small gesture or comment can have on someone else's day.



The World Kindness Movement  
Anti-Bullying Week



### KEY

CL = Communication and language

PSED = Personal, social and emotional development

PD = Physical development

L = Literacy

M = Mathematics

EAD = Expressive arts and design

UW = Understanding the world



10+ mins  
3+ years

# World Kindness Day

Talk to children about what they think 'being kind' means. Find out different definitions.

Ask children for ideas of how they can be kind, to incorporate into your activities.



Ask children to tell you what kind acts they have done at home or in the community. Share these, and others that you do as a setting, on the WKD forum.

## AREAS OF LEARNING



- World Kindness Day
- Share a kindness story



10+ mins  
12+ MTHS

# Story time

Use stories to help children develop an understanding of the concept of kindness. Here are a few suggestions but there are many more.

## AREAS OF LEARNING



- Kindness: A lift-the-flap board book about being kind
- I Like To Be Kind: Children's Book About Kindness for Preschool
- Hands are Not for Hitting.(Best Behaviour series)
- The Invisible Boy
- Kind
- Kindness Grows: A Peek-through Picture Book
- I Like to be Kind (Campbell Little Big Feelings)
- ABCs of Kindness: A Highlights Book about Kindness
- When Duck Got Stuck
- The Very Helpful Hedgehog



**10+ mins**  
**3+ years**

# Fill a bucket

Imagine everyone has an invisible bucket, that holds all their good feelings and positive thoughts. When you do something kind for someone, you are helping to fill their bucket, but when you do something mean, you are emptying their bucket.

Use this concept, and the accompanying books, to help children understand how social interactions positively or negatively affect others.

Talk about the things they do that can help fill someone's bucket.



- [Have You Filled a Bucket Today?](#)
- [How Full Is Your Bucket?](#)
- [Fill a Bucket](#)

## AREAS OF LEARNING

CL

PSED

UW



10+ mins  
2+ years

# Acts of kindness

“A random act of kindness is an unexpected act of charity, helpfulness, or thoughtfulness and is often done for a stranger, without any expectation of gratitude or reward.”

Listen to the story ‘Be Kind’ about what it means to be kind, and how even very small acts can have big consequences.

Discuss how children in the setting can make differences to other people’s lives through small acts of kindness, e.g. pictures featuring bright, positive images, to deliver around your neighbourhood; posies of flowers to give to local keyworkers such as shop assistants, NHS staff or postal workers; baking together for a local care home, Veteran’s Association or homeless shelter; sending someone a ‘smile card’ (see link).



- [Random Acts of Kindness](#)
- [Smile cards](#)
- [Be Kind video](#)
- [Be Kind book](#)

## AREAS OF LEARNING





**10+ mins**  
**18+ MTHS**

**AREAS OF LEARNING**



# Being helpful

Young children begin to learn about kindness through their desire to emulate grown-ups, including cleaning and helping around the house and setting.

Get them involved in washing up dishes after snack time, sweeping the floor and tidying away toys.

Share ideas with parents to support children helping out at home.

- Washing dishes
- Home help



**10+ mins**  
**12+ MTHS**

# Let's cooperate

Facilitate cooperative play activities, such as simple board games, cooperative construction challenges, parachute play and ball games, to help children develop an understanding of positive social interactions, turn-taking and feeling included.

- Cooperative play ideas for toddlers
- Turn-taking play
- Joint play activity idea



**AREAS OF LEARNING**





**10+ mins**  
**2+ years**

# The Rainbow Fish

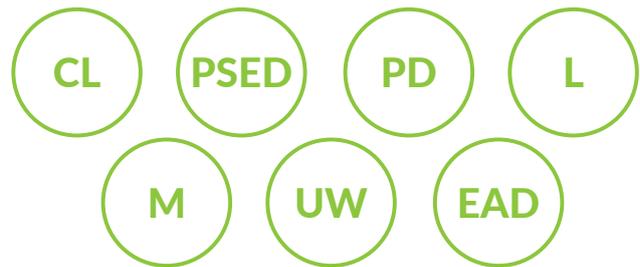
Read the story of the Rainbow Fish to children to prompt discussion around the positive impact of 'giving' both for the giver and the receiver.

Children could create large, colourful shiny scales that can be combined to make a beautiful collaborative wall decoration of the Rainbow Fish. Use foil, cellophane, tissue paper and recycled materials to enhance the designs.



- [Rainbow Fish activities](#)
- [Rainbow Fish story](#)

## AREAS OF LEARNING



**10+ mins**  
**18+ MTHS**

# Kindness rocks

Encourage children to decorate pebbles with pictures and patterns. Cover with varnish to weatherproof them.

Go for a walk and find places to leave pebbles for others to discover, such as on a park bench, around a war memorial, or on top of a post box.

Send pebbles home for children to distribute when out and about with their families.

This is a lovely way to make a stranger smile.

## AREAS OF LEARNING

- [Kindness rocks](#)
- [Pebble painting ideas](#)





10+ mins  
2+ years

# Kindness jar

Set a challenge to children to do one kind thing a day from a kindness jar.



Children can suggest ideas that are written on to slips of paper then added to the jar at the start, then pull out one a day to complete.

Each child could have their own jar, or you could have one for the whole setting.



• [Kindness Jar ideas](#)

## AREAS OF LEARNING





**10+ mins**  
**2+ years**

# Anti-bullying Week: Odd Socks Day

Anti-Bullying Week is an annual UK event, raising awareness of bullying and highlighting ways of preventing and responding to it.

Odd Socks Day is held on 15th November to kick off Anti-Bullying Week. It helps us to recognise that everyone is unique and different, and that we all need kindness and respect.

Check out the new song by Anti-Bullying Alliance patron, and children's TV star, Andy Day and his band to celebrate 'Odd Socks Day'

Encourage the children to wear Odd Socks on the day. You could combine this with fundraising, but you don't have to raise money to take part.



- [Any and the Oddsocks](#)
- [Anti-Bullying Week](#)

## AREAS OF LEARNING

CL

PSED

UW

EAD