



United States of Kindness

Social Media Ideas & Inspiration

Welcome to the United States of Kindness. Below are ready-to-use post templates you can personalize for your organization. Use as written or adapt to match your voice.

Announcement



(Organization) is proud to partner with the United States of Kindness, a nationwide call to action to complete 250 Acts of Kindness in 2026 in honor of America's 250th year.

This initiative offers a simple way to help elevate the kindness already happening and connect them to a larger movement of kindness across the country. Learn more and join the movement USofKindness.org @USofKindness #USK250

USK Invite



Join us in the United States of Kindness.

Commit to 250 acts of kindness between now and the end of 2026.

Lead with kindness where you work. Model it at home. Encourage it in your community. Learn more and sign up at usofkindness.org

@USofKindness #USK250

Why We Joined



We joined the United States of Kindness because (insert reason)

Committing to 250 acts of kindness through 2026 reflects who we are and how we lead.

Learn more @USofKindness www.usofkindness.org
#USK250

Kindness Spotlight



We're proud to recognize... (Describe act of kindness or it's impact to spotlight)

@USofKindness #USK250





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Kindness In Action



Here's what 250 acts of kindness looks like (Organization Name):

- (simple example 1)
- (simple example 2)
- (simple example 3)

Join us and the movement @USofKindness

#USK250

This week, kindness had real impact.

(Short 3-5 sentence story / impact)

Kindness is visible in everyday choices.

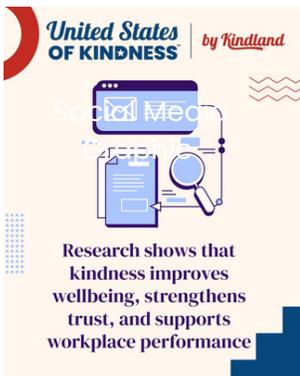
#USK250

We're part of the @USofKindness – have you joined yet?

From (example) to (example) small actions are adding up.

Join us and the movement @USofKindness #USK250

Research



Research shows that kindness improves wellbeing, strengthens trust, and supports workplace performance.

That's why we're committing to 250 acts of kindness through 2026.

Learn more @USofKindness usofkindness.org

#USK250

Kindness drives results

Employees at companies known for kindness were 5 times more likely to say their workplace is innovative

@USofKindness #USK250

Kindness improves quality of life.

Daily acts of kindness are linked to higher wellbeing over time.

@USofKindness #USK250

