



United States of Kindness

Frequently Asked Questions

What is the United States of Kindness?

The United States of Kindness (USK) is a nationwide initiative encouraging individuals, schools, businesses, and communities to complete 250 Acts of Kindness in honor of America's 250th anniversary in 2026. The goal is simple: inspire more kindness and make it more visible in our everyday lives.

Why is our school participating?

Kindness helps create stronger classrooms, stronger relationships, and a stronger school community. Participating in USK gives students an opportunity to practice kindness while connecting to an important moment in our nation's history.

What is the 250 Acts of Kindness Challenge?

Schools are invited to complete 250 acts of kindness throughout the school year. Acts can be large or small and may happen in classrooms, hallways, cafeterias, sporting events, homes, or throughout the community.

Do we have to complete exactly 250 acts?

No. The challenge is meant to inspire participation, not create pressure. Every act of kindness matters.

Is there a cost?

No. Participation and all educational resources are free.

Who can participate?

Everyone. Students, teachers, staff, administrators, families, volunteers, and community partners are encouraged to participate.

Does this replace Kindland?

No. Schools already participating in Kindland can easily incorporate the United States of Kindness into the work they are already doing.

How much time does this take?

Schools choose their own level of participation. Some may organize schoolwide activities while others simply encourage students to notice, practice, and celebrate kindness throughout the year.

How do we keep track of our acts?

Schools may use the USK Kindness Tracker or develop their own way to celebrate progress. They can also submit acts of kindness on the USofKindness website or tag on social media @usofkindness