



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.

Finish Strong!

We joined the United States of Kindness earlier this year with a commitment to complete 250 Acts of Kindness in 2026.

As we head into the final months of the challenge, we're continuing to look for ways to help, encourage and support others throughout (organization name).

There is still time to take part and finish the year with us. Learn more at USofKindness.org.
@USofKindness

Kindness in Action

We've been part of the United States of Kindness since earlier this year, and along the way we've seen kindness show up in some meaningful ways.

Here are a few of our favorite moments: (Insert 1 to 3 short stories or examples)

We're proud of what our community has done so far and look forward to continuing the 250 Acts of Kindness challenge through the end of the year.
@USofKindness

Recognize a Kindness Champion

As part of our United States of Kindness commitment, we want to recognize the people at (organization name) who consistently make things better for others.

This month, we're recognizing (name) for (brief example of what the person has done). Thank you for showing what kindness looks like in action. @USofKindness

What Kindness Looks Like Here

At (organization name), kindness recently looked like this: (Insert a specific story, activity, photo or example.)

These everyday moments are helping us move toward our United States of Kindness goal of 250 Acts of Kindness in 2026. We're grateful to everyone who continues to make kindness part of our culture. @USofKindness





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This July 4, celebrate America with kindness.

Start today with one simple act. Then keep going.

In honor of America's 250th, join the United States of Kindness and commit to 250 Acts of Kindness in 2026. Learn more and sign up at USofKindness.org.
@USofKindness #USK250



Start the kindness journey today!

One act of kindness can make a difference. In honor of America's 250th, join the United States of Kindness and commit to 250 Acts of Kindness in 2026.

Sign up at USofKindness.org.



Together, we celebrate America and kindness.

This July 4, start with one act of kindness and help make kindness more visible in your community. As America looks ahead to its 250th, join the United States of Kindness and commit to 250 Acts of Kindness in 2026.

Sign up at USofKindness.org. @USofKindness

Newsletter Drop In

This July 4, we invite you to celebrate America with kindness.

As America looks ahead to its 250th, the United States of Kindness is inviting individuals, schools, businesses, and communities to complete 250 Acts of Kindness in 2026.

Start today with one act of kindness. Then keep going. Each act helps make kindness more visible in our homes, workplaces, schools, and communities.

Learn more and sign up at USofKindness.org.





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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

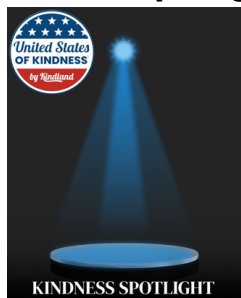


We joined the United States of Kindness because (insert reason)

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

