



United States of Kindness

A National Movement to Make
Kindness America's Defining Legacy

Kindness In Education

What Is the United States of Kindness

The United States of Kindness (USK) is a nationwide call to action inviting people to participate in 250 Acts of Kindness and share their stories. In honor of America's 250th anniversary, the goal of this movement is to establish kindness as a defining national value, leaving a legacy of unity that extends beyond 2026.

Why Kindness in Schools?

Kindness is more than a feel good activity. Research connects intentional kindness, prosocial behavior and positive school culture with outcomes that matter to educators:

- **Strengthens Peer Relationships:** Students who regularly practice acts of kindness show greater peer acceptance, helping build stronger relationships and a greater sense of belonging.
- **Supports Positive Student Behavior:** Kindness and related social and emotional learning practices can strengthen students' social skills, emotional development and behavior.
- **Improves School Climate:** Intentional kindness helps create school environments that feel more caring, connected and supportive.
- **Reinforces Empathy and Compassion:** Kindness education gives students opportunities to practice empathy, compassion and prosocial behavior in everyday interactions.
- **Supports Student Success:** Strong relationships, positive school climate and social and emotional skills are associated with better school functioning and academic outcomes.

National Moment for Schools

Participation in the United States of Kindness 250 Acts of Kindness Challenge gives schools an opportunity to elevate the good already happening every day. A student helping a classmate, a service project, an encouraging note or a schoolwide initiative can all become part of our much larger national story.



United States of Kindness

Participation is simple:

- **Announce:** Share internally and externally that your school or district is part of the United States of Kindness.
- **Act:** Commit to 250 Acts of Kindness in 2026 throughout your district, school or classroom. There's no need to track every act, we trust and know they're already happening.
- **Share:** Celebrate kindness through photos, short stories, school communications and social media. Tag @USofKindness or submit stories directly to USK at USofKindness.org
- **Invite:** Encourage families, neighboring schools and community partners to participate.

Ready to Start?

Sign up for free school resources to help students and educators complete 250 Acts of Kindness and share the good happening in your school.

There is no required program or curriculum. Schools can use USK resources or create activities that fit their own students, culture and community.

www.USofKindness.org

Projected Impact of the United States of Kindness



250 Million Acts of Kindness



10+ Million Reached on Social Media



25,000+ schools
10 million students



10,000+ organizations and non-profits

Kindland
JUST BE ♥ KIND™



Join us.
Kindness works.

USofKindness.org

@USofKindness #USK250

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