Kindness in U.K. Schools

There is a current social movement for kindness to be part of the U.K. school curriculum, teaching children to practice compassion from a young age. The results have shown a decrease in bullying, increased feelings of well-being and a rise in the practice of compassionate behaviour to all living beings.

Kindness U.K. is an independent non-governmental organisation (NGO) which is not-for-profit, and focused on expanding awareness on the benefits of being kind in today's society. Working for the last twelve years on promoting kindness within education, they have distributed over 50,000 kindness guidance packs to teachers and schools in the U.K. The guidance packs and are comprised of ideas for how to incorporate kindness into teaching and education and includes a range of activities and discussion points which apply to all student backgrounds and abilities. The packs can be used individually or as a part of school activities.

Kindness U.K. also encourage schools across Great Britain to take part in Kindness Day UK which is celebrated on 13th November at the same time as World Kindness Day which unites people across the world in celebrating kindness. Kindness U.K. suggest the following ways of celebrating Kindness Day UK in schools including creating a student kindness committee to discuss ideas and focuses for the day/week; that each kindness group choose their own charity to raise money for; to involve local businesses and work with them to fundraise for charity and to volunteer in groups at local homeless shelters, animal shelters, food donation programmes, nursing homes and more.

In a statement for Dainik Bhaskar, David Jamilly, Founder and CEO of Kindness UK said:

"India would be setting a splendid example to the world by formally incorporating kindness within the school curriculum, and India's vast population can be hugely instrumental in spreading kindness and its benefits. With the continued rapid expansion of India there would be nothing more fitting than to openly display its achievements on a global level can be fulfilled with a culture of kindness alongside. Many established and emerging countries look to India for a lead and kindness itself has huge ripple effects.

The powerhouse of India which already has a tradition of kindness and compassion embedded would set a glowing example to the rest of the world through its kind intentions."