




# National Intentional Kindness Day Toolkit

August 24

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## What is National Intentional Kindness Day?

**National Intentional Kindness Day** encourages individuals, schools, and communities to practice kindness with purpose. It is about choosing actions with care, based on what someone truly needs, not just what is easy to do.

Kindness is not something done once, but something that can be practiced every day.

It also serves as a reminder that intentional kindness can help prevent hurtful behavior such as bullying. When people take the time to listen, include others, and respond with understanding, it creates a more supportive and respectful environment for everyone.

Observed on **August 24**, this day also serves as the beginning of Be Kind Human Week, held from August 25 through August 31. It acts as a starting point that encourages individuals and communities to carry intentional kindness forward throughout the week and beyond.

This observance is not intended to be a day off, but a reminder to practice kindness in meaningful and consistent ways that strengthen relationships and support a more compassionate community.

## How to Practice Intentional Kindness

- Listen to someone without interrupting or checking your phone
- Check in on someone who may be struggling
- Offer help in a way that makes someone's day easier
- Be patient in moments where it is difficult
- Give a genuine compliment that is thoughtful and specific
- Include others and speak up with kindness when someone is being treated unfairly
- Be mindful of your tone, especially in stressful situations
- Notice when someone is left out and make space for them
- Support someone quietly without expecting recognition
- Choose understanding instead of reacting quickly
- Ask someone how they are really doing and listen fully
- Follow up with someone after offering support
- Be present with the people around you
- Take responsibility when you have made a mistake
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## Take a Moment to Reflect

- What did you notice about others today
- How did your actions affect someone else
- How did being intentional change your experience
- What is one thing you can continue tomorrow

## How to Use This in Schools, Homeschools, Libraries, and Everyday Settings in Schools

- Start the day with a short discussion or reflection
- Use one activity as a classroom exercise
- Encourage students to share experiences with one another
- Create a visible space for kindness and positive messages
- End the day with a group reflection

## In Homeschools and at Home

- Use this as part of a daily or weekly lesson
- Have open conversations about kindness and emotions
- Practice one activity together as a family
- Encourage children to express their thoughts through writing or drawing
- Reflect together at the end of the day

## In Libraries

- Create a display around kindness and emotional awareness
- Host a reading or discussion activity
- Encourage children to share stories or experiences
- Provide a space for reflection or written responses
- Highlight books that support empathy and understanding

## In Communities, Workplaces, and Public Spaces

- Encourage simple acts of kindness and respect
- Create opportunities for people to connect and support one another
- Promote awareness through small messages or reminders
- Encourage inclusive and respectful communication
- Support participation from all ages and backgrounds

## Closing Thought

Start small. Stay consistent. Kindness grows through everyday actions. Carry it forward beyond today.

Download more resources at: [www.monalizasantos.com](http://www.monalizasantos.com)