

World Kindness Day 2021: Theme, History and Significance

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World Kindness Day is here to remind us that simple acts like appreciating someone's effort can go a long way. (Image: Shutterstock)

World Kindness Day 2021: In the age of social media where it is easier to troll or direct hate towards someone without any real consequences, kindness has become a rarity

Throughout the year, we commemorate days dedicated to historical events, or some iconic personalities who have made notable contributions to the society. But on November 13, we celebrate a characteristic, an act which can go a long way in improving many lives. This Saturday marks World Kindness Day.

History and Significance

According to the Awareness Days website, World Kindness Day was first commemorated in 1998 by an organisation called The World Kindness Movement, formed at a 1997 Tokyo conference of like-minded kindness organisations from around the world. In the United Kingdom, the Kindness Day UK is organised by Kindness UK, a not for profit organisation.

Kindness Day UK was launched on November 13, 2010. Over the years the event has continued to grow in popularity with increasing numbers of individuals, schools, charities, institutions and businesses taking part.

In the age of social media where it is easier to troll or direct hate towards someone without any real consequences, kindness has become a rarity. World Kindness Day is here to remind us that simple acts like appreciating someone's effort can go a long way. Being kind is a win-win situation for both the receiver as well as for the person who does the action. There are several ways one can project their kindness and inspire others to follow the same.

How can I be kind?

If you are looking for some push towards your kindness journey you can take a look at a simple example. Imagine you have a colleague or a classmate who always does a very good job with their assignments.

If you are aware of their sincere efforts you can take a moment to mention this to them, just in conversation or perhaps in a message. This will certainly make your colleague or classmate happy and in addition, you will also probably feel good about yourself for having spread a little joy.

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World Kindness Day 2021: History, theme, significance and quotes

New Delhi: The world commemorates World Kindness Day on November 13 to emphasise the importance of being kind to one another, as well as to oneself and the environment. The day's commemoration attempts to emphasise how compassion binds us all together and has an enormous capacity to bridge national divides.

History of World Kindness Day

The World Kindness Movement held its first conference in Tokyo, Japan in 1997 to bring like-minded organisations from all around the world together on one platform. The day became an annual observance in 1998, and several countries, including Canada, Australia, Nigeria, and the United Arab Emirates, participate.

The kindness movement quickly gained popularity throughout the world. The UK kindness movement began in 2005, and Singapore joined the effort in 2009. From the United Kingdom in 2010 to Australia in 2012, France in 2015, and the United States in 2018, the World Kindness Movement has touched 27 countries.

The World Kindness Movement was finally recognised as an official NGO in Switzerland after a long sojourn.

Theme for World Kindness Day 2021

The theme for World Kindness Day in 2021 has yet to be determined. "The World We Make - Inspire Kindness" was the topic for the year 2020. The 2019 World Kindness Day topic was "Empathy." It was essential in striking the correct notes with people all around the world. It abolished caste, creed, religion, and economic status as grounds for discrimination and differentiation. It placed a higher value on 'humanity.'

Celebrations for World Kindness Day 2021

People, communities, societies, and nations must be encouraged and made aware of the importance of preaching and practising kindness. We should also be kind and take care of our surroundings. Many activities, such as cleaning drives, high tea parties with like-minded persons, pet care activities, volunteering, and marathon runs, could be used to commemorate World Kindness Day.

Empathy for the elderly can be demonstrated by showing special concern on Kindness Day. Attractions for children include activities in schools and educational institutions. Organising food and clothing drives to assist the underprivileged and those in need would shower and fulfil the mission of kindness.

World Kindness Days quotes

"Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver." - Barbara De Angelis

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." - Princess Diana

"Do things for people not because of who they are or what they do in return, but because of who you are." - Harold S Kushner

"Life is mostly froth and bubble, Two things stand like stone. Kindness in another's trouble, Courage in your own." - Adam Lindsay Gordon

"My religion is very simple. My religion is kindness." - The Dalai Lama

World Kindness Day - November 13

World Kindness Day is an international holiday that was formed in 1998, to promote kindness throughout the world and is observed annually on November 13 as part of the World Kindness Movement. It is observed in many countries including the United States, Canada, Japan, Australia and the U.A.E. World Kindness Day presents us with the opportunity to reflect upon one of the most important and unifying human principles. On a day devoted to the positive potential of both large and small acts of kindness, try to promote and diffuse this crucial quality that brings people of every kind together.

When is World Kindness Day 2023?

World Kindness Day is celebrated on November 13 every year. It's an international holiday that is observed in many countries including but not limited to the U.S., Canada, Australia, Italy, and India.

History of World Kindness Day

World Kindness Day was first introduced as a day of observation by the World Kindness Movement. In 2019, the organization was registered as an official NGO under Swiss law, but the history of the group stretches back to a Tokyo-based convention in 1997. An array of institutions and associations based in countries including Australia, Thailand, the United States, and the United Kingdom had been assembled at this conference because of their dedication to championing kindness in society. The initial configuration of the World Kindness Movement would form as a result of this event, with the written declaration of their inception stating their "pledge to join together to build a kinder and more compassionate world." In 1998, in pursuit of this aim, they would facilitate the launch of the inaugural World Kindness Day.

The purpose of World Kindness Day as outlined by the World Kindness Movement is "to highlight good deeds in the community focusing on the

positive power and the common thread of kindness which binds us.” Since its creation more than two decades ago, the day has achieved truly global notice; events associated with the day have attracted participants from every inhabited continent. These have included activities such as concerts, dance mobs, and the distribution of “kindness cards.”

While, at present, the day is one of unofficial observance, it remains the hope of the World Kindness Movement to attain official recognition status by the United Nations. Should the group be successful in their efforts, World Kindness Day would join the ranks of recognized days of observance such as International Day of Peace, Human Rights Day, and World Health Day.

World Kindness Day timeline

1998

Kindness Kicks Off

The inauguration of World Kindness Day is designated on November 13th of 1998 after the formation of the World Kindness Movement.

2009

Greater Reach

The day is observed for the first time in Singapore, India, and Italy.

2010

A Kingdom for Kindness

World Kindness Day inspires the foundation of Kindness Day UK in the United Kingdom.

2019

Official Status

The World Kindness Movement attains official status as an NGO under Swiss law.

The objective of World Kindness Day is to spread kindness with small gestures. The main tradition of the day is to be kind and to try and encourage kindness to prevail over hatred. Whether it's helping out someone with chores, taking the time out to ask how someone is doing, or complimenting someone, the name of the game is kindness, and we all have it in us.

What is the purpose of World Kindness Day?

As outlined in the World Kindness Movement's description of the day, the purpose of World Kindness Day is “to highlight good deeds in the community focusing on the positive power and the common thread of kindness, which binds us.”

How did World Kindness Day start?

World Kindness Day started after the formation of the World Kindness Movement. It was their hope and goal to create a day that would help to raise awareness of the importance of kindness as a unifying power between people everywhere.

Where does the word 'kindness' come from?

The word 'kindness' has its roots in the Old English word 'kyndnes,' which itself is derived from the Middle English word 'kinderes,' meaning 'courtesy.'

World Kindness Day Activities

1. Perform at least three random acts of kindness today

Give compliments. Smile at strangers. Hold a door open. Give up your seat on a crowded train. Perform at least three random acts of kindness and see what magic follows!

2. Give extra (and extra-long) hugs today

Kindness and connection go hand-in-hand. Take a few extra minutes to hug your loved ones and friends today. They might wonder what got into you, but they'll appreciate it nonetheless!

3. Write a love poem to yourself and read it out loud

You should be kind to yourself, today, too. Write a short (or long) poem highlighting the things you appreciate about yourself and your life.

5 Facts About Kindness

1. Start with children

One in four children in the U.S. experience bullying at school on a regular basis — teaching kids to be kind to everyone, even if they're different, and to stand up to bullying when they see it, turns them into brave and kind adults.

2. A day of unity

Though the movement isn't affiliated with any religion or political movement, over 28 nations participate in World Kindness Day.

3. It pays to be kind

People who are constantly kind produce 23% less cortisol, which is the stress hormone — because of the lower levels of stress, people who practice kindness age slower than the average population.

4. Kindness is contagious

Researchers from the Stanford Social Neuroscience Laboratory found that when people see someone else being kind, they are more likely to act kindly towards others themselves.

5. It lowers blood pressure

Emotional warmth releases the hormone oxytocin, which dilates the blood vessels and therefore lowers your blood pressure.

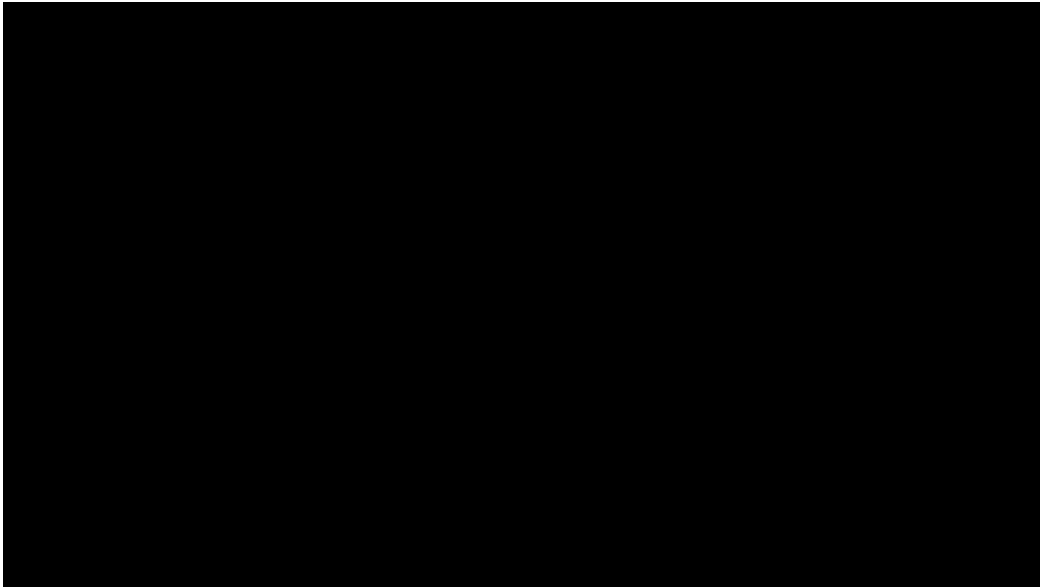
Why We Love World Kindness Day

1. Doing things for others is actually fun

Many people are focused on their own lives and can forget to take a moment to think about what other people need. I s.he sng ki ki lol le ny c

Significance and Theme of this special day

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National Day Review

World Kindness Day 2021:

An act of generosity or concern for others that can make others happy, without expecting something in return is what we call kindness these days. However, in today's time, the world has become harsher, be it the stress they go through, or their own problems that people only focus on their well-being.

Finding people in today's times who still believe in kindness and do good to others makes the feeling of kindness even more rare and special. So, in this article further, let's know more about World Kindness Day History, Date, Significance, and theme.

World Kindness Day 2021 Date:

World Kindness Day is observed every year on 13th November, across the globe.

World Kindness Day 2021 History:

World Kindness Day was celebrated for the first time as a day of observation by the World Kindness Movement. The organization got its official license as an NGO in the year 2019, under Swiss Law. However, the history of World Kindness Day goes back to the year 1997, at a Tokyo-based Convention of like-minded kindness organizations across the world.

The Kindness Day UK was launched on 13th November 2010, and the event over the years gained importance and popularity and is now celebrated at a global level. The first World Kindness Day was observed in the year 1998.

World Kindness Day 2021 Significance:

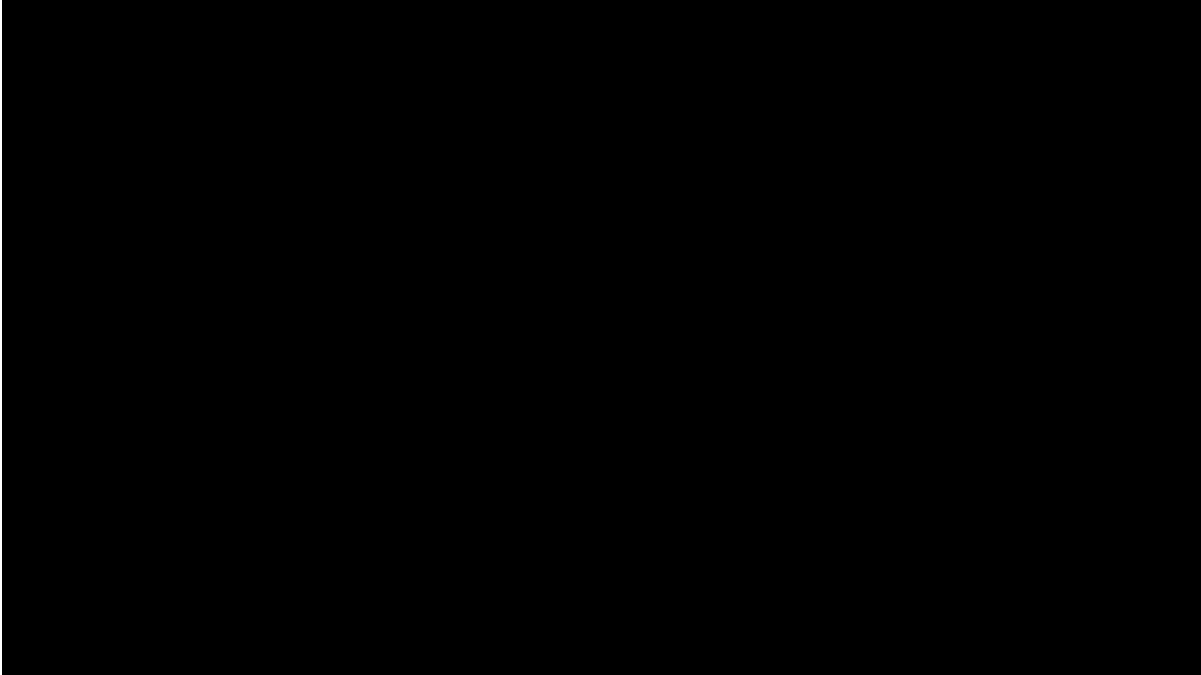
World Kindness Day aims to keep that kindness among people still alive that might have faded in this fast-paced world. World Kindness Day 2021 reminds us that in this era of social media and trolls, those rare people with kindness shine brighter in the crowd. While kindness heals people from within, the ones who are depressed, as people just need someone who can show them genuine care and warmth, rather than the ones who fake everything for their own purpose.

World Kindness Day 2021 Theme:

The commemorations of World Kindness Day are based on a theme every year, and this year, the theme of World Kindness Day 2021 is "The World we make- Inspire Kindness."

World Kindness Day - History, Significance, Theme and Ways to Show Kindness

Author: Nirmal Raj Singh Rathore Added on: Nov 08, 2022 Category: Awareness Updated on: Nov 19, 2022



1. When is World Kindness Day and Why do We Celebrate It?

World Kindness Day is a global day observed annually on November 13 as part of the World Kindness Movement. It was founded in 1998 to promote kindness across the world.

World Kindness Day encourages people to be kind to one another, to themselves, and to the world. The goal of this day is to teach everyone that kindness is what brings us all together. This comprehension has the potential to bridge national divides. We can bridge political, racial, religious, and gender divides with kindness.

2. World Kindness Day: History

The World Kindness Movement first proposed World Kindness Day as a day of observation. The organization was officially registered as an NGO under Swiss law in 2013. Its mission is to bridge to

can also be good for you! Other days of celebration encourage people to express their gratitude to the fullest extent possible. World Kindness Day provides an opportunity to consider extra-special or unusual ways to perform acts of kindness. It is worthwhile to celebrate kindness and the benefits we derive from this fundamental aspect of the human condition. It reminds us that we are not alone in our lives and that we do not live in a world devoid of goodness.

5. Theme of World Kindness Day

- World Kindness Day 2018 Theme: Nurturing Kindness
- World Kindness Day 2019 Theme: Empathy
- World Kindness Day 2020 Theme: The World We Make - Inspire Kindness
- World Kindness Day 2021 Theme: The World We Make- Inspire Kindness
- World Kindness Day 2022 Theme: Be Kind Whenever Possible

6. Simple Ways to Show Kindness/ How to Show Kindness?

Kindness does not have to be flashy or extravagant. The tiniest things can sometimes make the greatest disparity! Here are a few simple ideas and ways to help others on World Kindness Day, whether at work, school, with family, or while running errands. Seek out ways to bring kindness into someone's day as you go about your day. It will brighten both their and your day!

- When passing others, remember to smile.
- Make positive messages on post-it notes and leave them for others to find.
- Call a relative you haven't spoken to in a long time.
- Organize your home.
- Pick up any trash you see on the ground outside and place it in a garbage can.
- When you are in mall or restaurant keep the door open for someone.
- Give someone a compliment.
- Send a positive or encouraging text your contacts.
- Send flowers to someone special.
- Express your gratitude to a friend or family member.
- Make a note on your restaurant receipt for your server.
- Offer to assist someone with their errands.
- Give someone you care about a surprise gift.
- Send a thoughtful card or note to a friend.
- Coworkers will appreciate homemade cookies or treats.
- Grow a tree
- Spend less time on your phone and more time with the people who matter to you.
- Set up a workplace giving campaign.
- Help a classmate with their homework.
- Talk to a new person.
- Exercise gratitude
- Volunteer
- Give a hug to someone.

7. Quotes on World Kindness Day

Kindness and love have the greatest impact on our families, friends, and the world.

I've discovered that kindness is everything in life.

Kindness and love are never squandered. They are always noticeable. They bless the receiver as well as you, the giver.

I've been looking for ways to heal myself, and I've discovered that kindness is the most effective.

The universal language of kindness is a warm smile.

Kindness is a treasure you should keep close to your heart. Learn to give without hesitating, to lose without regret, and to acquire without being mean.

Kindness is one of the most difficult things for leaders to master. Kindness gives credit and enthusiastically praises the work of others. It's a fine line between being genuine and appearing weak.

Carry out a random act of kindness with no expectation of reward, knowing that someone else might do the same for you one day.

Kindness can accomplish a lot. Kindness, like the sun, causes misunderstanding, mistrust, and hostility to melt away.

There is a mountain of evidence that the higher one's self-esteem, the more likely one is to treat others with respect, kindness, and generosity.

Transparency, honesty, kindness, good stewardship, and even humor is essential in business.

Human kindness has never sapped a free people's strength or softened their resolve. Toughness does not necessitate cruelty.

World Kindness Day Kindness Day History Significance of World Kindness Day Theme of World Kindness Day Ways to Show Kindness How to Show Kindness Quotes on World Kindness Day Kindness What is Kindness

World Kindness Day 2021: Theme, Date, History & Significance

World Kindness Day is a unique mission adopted by the World Kindness Movement to spread awareness on the importance of kindness in society.

- World Kindness Day 2021
 - History of World Kindness Day
 - World Kindness Day 2021 Theme
 - World Kindness Day 2021 Significance
 - World Kindness Day 2021 Celebrations

World Kindness Day is celebrated on 13th November every year around the globe. Nowadays, kindness is becoming a rare quality in human beings. To bring back positivity and functional traits in human beings towards fellow persons, animals, birds and the environment, Kindness Day is celebrated.

History of World Kindness Day

It all started in the year 1997 when many organizations worldwide, based on the working protocol of kindness, started a new movement to create awareness on the theme of 'KINDNESS'. This movement took wings in Tokyo in 1997 under the name World Kindness Movement. This movement was supported by many nations, namely India, Italy, Australia, Nairobi, Thailand and many parts of the US and UK.

All these organizations who subscribed to the movement wore common grounds on the theme of 'kindness'. They did not buy any aspect of religion, caste, gender, or linguistic affiliations and instead worked to spread love worldwide. The World Kindness Movement decided to start 'World Kindness Day' as part of their concluding aspects of the Tokyo Convention of 1997.

So, officially the World Kindness Day took formal beginning in the year 1998. The year 1998 saw the first-ever grand launch of the World Kindness Day under the aegis of the World Kindness Movement. All members who joined this movement to support the special day collaborated on a common platform of spreading love, compassion and kindness with each other.

The United Nations has not passed any resolution to celebrate World Kindness Day on official terms. It is more of an informal celebration brought together by many working NGOs who understand and emphasize the value of 'kindness' in this world. More than 28 member countries have been following the day's celebrations and making arrangements to celebrate the day every year.

World Kindness Day 2021 Theme

The theme for World Kindness Day 2021 is not decided yet. The year 2020 theme was "The World We Make – Inspire Kindness". The theme for the 2019 World Kindness Day was "8L".

World Kindness Day 2021 Celebrations

The hour's need is to encourage and spread awareness to people, communities, societies and nations to preach and practise kindness. We ought to be kind and take care of our environment too. World Kindness Day celebrations could be conducted with many activities like cleanliness drives, high tea parties of like-minded individuals, pet care activities, volunteering, and doing marathon runs.

Empathy towards the aged population can be extended through particular concern on Kindness Day. Children centric activities at schools and educational institutions are great attractions. Extending a helping hand to the poor and needs by organizing food and cloth drives would shower and fulfil the mission of kindness.

World Kindness Day | Stay Kind

World Kindness Day is observed on 13 November.

What is World Kindness Day?

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world.

If every Australian performed an act of kindness on World Kindness Day, we would have 25 million acts of kindness in a single day.

The possibilities are endless – together let's make Australia kinder.

What can you do?

Acts of kindness to inspire you and your team at work.

Acts of kindness to inspire you and your team at school.

We encourage you to do something kind each day around your community.

Pledge kindness

Pledge your act of kindness for World Kindness Day. Commit to being kind this World Kindness Day.

Keep reading

A pledge inspires you and others. Change a life by turning your pledge into an action.

Meet our partners who make our mission possible.