

b kinder foundation

flyhighbillie is now trading
as b kinder foundation



empowering children to make a difference

Through prevention and early intervention, our evidence-based wellbeing programs and kindness resources empower and inspire children in their pivotal years to become kinder, empathetic & more compassionate ultimately reducing mental health issues, bullying and suicide.



overview of flyhighbillie

about the charity

The flyhighbillie charity was set up to honour the amazing legacy of 12 year old, Billie Kinder.

flyhighbillie is a registered charity committed to spreading empathy and kindness, to reduce mental health issues, bullying and suicide in children and young people. flyhighbillie is now trading as the b kinder foundation.

The flyhighbillie charity was set up in 2018 and is a fully registered charity with DGR status.
ABN: 77623129493

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www.flyhighbillie.org

about billie

12 year old Billie Kinder died in a tragic accident in May 2016. Billie was an extraordinary girl in that she had the gift of giving. She gave through her smile, her thoughtfulness, her constant acts of kindness and her amazing gift of words.

Through Billie's empathy and insight, her b kinder legacy empowers and inspires others and remind us all that our actions matter and that we each have the power to make a difference through human kindness.

Billie was empathetic, compassionate and above all kind. Billie's legacy has become one of kindness and through the b kinder initiative flyhighbillie is having a huge, positive impact on young people's lives.

b kinder initiatives

With a play on Billie's name we launched the b kinder initiatives, including:

- b kinder day
- greeting cards
- story-time
- b kinder workbooks
- Well-being Impact Reports
- Walk for a kinder world
- School Ambassadors
- Annual Student Forum
- b kinder Schools

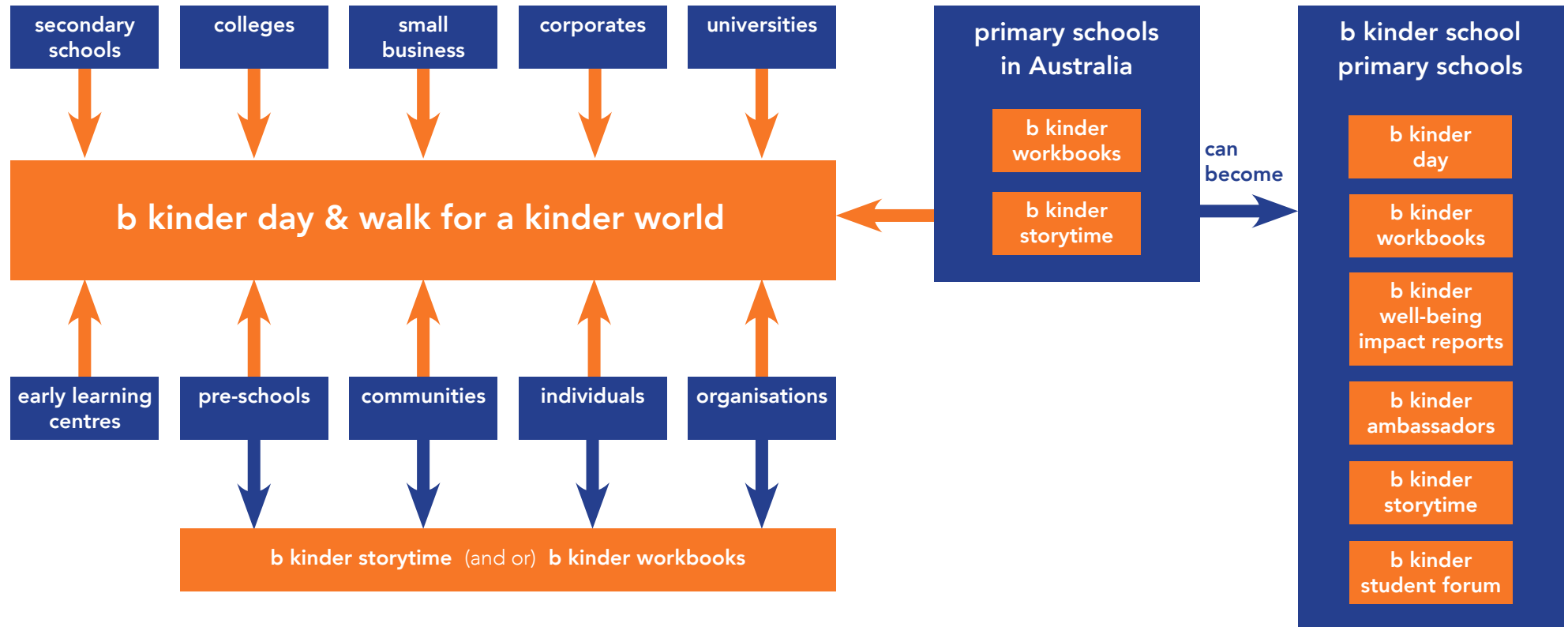


vision and purpose

To inspire and empower children to develop empathy, compassion and kindness, to reduce mental health issues, bullying and suicide

Pillars of success	<p>Create mass awareness and participation in b kinder day throughout schools, businesses, organisations and communities.</p> <p>Establish connections through the use of our b kinder greeting cards.</p>	<p>Embed the b kinder initiative and resources into all primary schools.</p> <p>Through the b kinder initiative we aim to establish a positive language and way of being from grade 1 to grade 6.</p>	<p>Establish the framework for b kinder Schools</p>
Channels	<ul style="list-style-type: none"> • All NSW schools expanding to other states • Corporations • Businesses • Organisations • Communities 	<ul style="list-style-type: none"> • School Principals • School Teachers • Parents • Education Consultants 	<ul style="list-style-type: none"> • Government • Education Departments • Policy Makers • School Principals • Well-being
Required capabilities	<ul style="list-style-type: none"> • Media coverage • PR Agency • Social Media • Online Shop • Website • Staff • Volunteers 	<ul style="list-style-type: none"> • Well-being Social Impact Reports • b kinder day • b kinder workbooks • b kinder ambassadors program • b kinder storytime • Employees and advocates - nationally • Sales platform (website) 	<ul style="list-style-type: none"> • b kinder day • b kinder workbooks • b kinder ambassador program • b kinder student forum • Education forum • Well-being Social Impact Reports
Signposts of success	<ul style="list-style-type: none"> • Constant increase of participation in b kinder day • Increased sales of products, • Increased sales of b kinder greeting cards 	<ul style="list-style-type: none"> • Increase of school participation in b kinder day • All primary schools utilising b kinder workbooks and b kinder initiatives 	<ul style="list-style-type: none"> • Increase number of schools becoming b kinder schools • Annual b kinder day • Schools embedding b kinder workbooks into their curriculum • Annual selection of b kinder ambassadors • Annual b kinder student forums

our vision



b kinder initiatives

b kinder day

b kinder day is an annual worldwide day on June 22nd. The purpose of the day is to discuss kindness, empower and inspire children/people and remind us all that our actions do matter and that we each have the power to make a difference through human kindness. Schools, businesses and communities are encouraged to get involved, connect with others and help spread kindness.



b kinder storytime

B kinder storytime is an initiative that encourages children to write kindness stories for other children. These short stories can be about any topic as long as the underlying message is one of kindness.

These stories are then read aloud by b kinder foundation's wonderful storyteller. They are filmed and made available on the flyhighbille You tube channel as well as being posted on the flyhighbillie Facebook page. A kindness outcome is put to each story as well as the children's names, age and location.

View some of our stories here:
[flyhighbillie/youtube](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)



b kinder greeting cards

The b kinder greeting cards showcase Billie's beautiful paintings, drawings and quotes. These wonderful cards are blank inside. These cards are connecting people and are spreading kindness messages all around the world. The b kinder greeting cards are also the main activity on b kinder foundation's annual b kinder day. Students and people are encouraged to write or draw a message to someone they care about.

See our cards here:
[flyhighbillie/shopify](https://flyhighbillie.com/shopify)



b kinder initiatives

b kinder workbooks

The b kinder workbooks are unique, positive, tangible, interactive learning tools that have been designed with the help of teachers and psychologists to initiate questions and ask what it means to be kind. These workbooks perfectly align with the PDHPE curriculum for Primary Schools incorporating the core values with an emphasis on kindness.

The activities within the b kinder workbooks also support teachers to meet the specific learning outcomes for each stage associated with the Personal and Social Capability, one of the General Capabilities outlined in the Australian Curriculum.

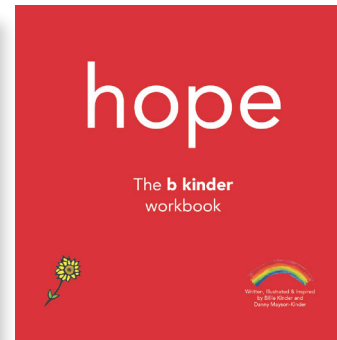
The associated units of work for each of the workbooks align with the Syllabus for the Australian Curriculum: Personal Development, Health and Physical Education K-6. The units of work focus on the strands of Health, Wellbeing and Relationships.

These free units of work have been written in a way that means they can be picked up and taught as is, or schools may want to use them as a sample and alter them as required.



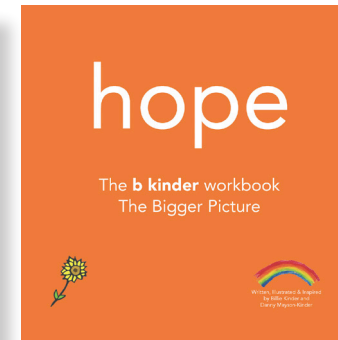
**The b kinder workbook
Sunflowers and Rainbows**

Designed for ages 5 – 7 yrs
Kindergarten,
Grade 1 and /or Grade 2



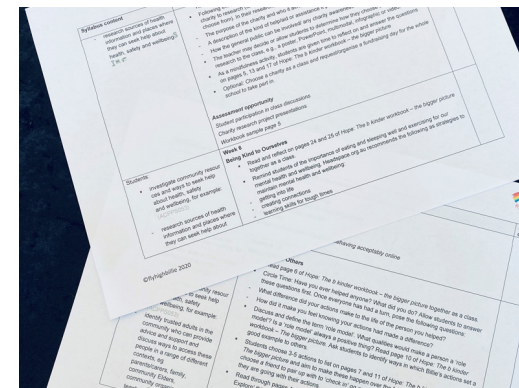
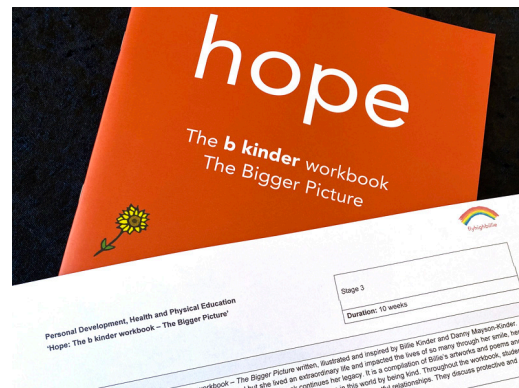
The b kinder workbook

Designed for ages 8 – 10 yrs
Grade 3 and /or Grade 4



**The b kinder workbook
The Bigger Picture**

Designed for ages 11 – 13 yrs
Grade 5 and /or Grade 6

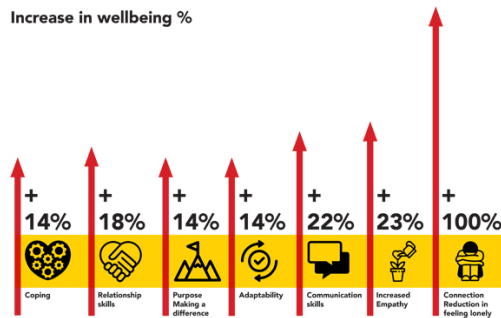
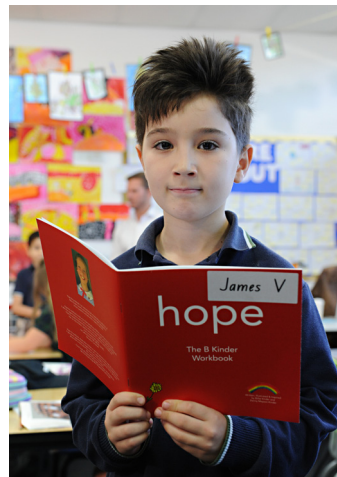


b kinder initiatives

b kinder well-being social impact reports

To fulfil their potential, children must be supported to develop their emotional, social and physical capabilities. Our b kinder workbooks achieve these outcomes through a curriculum of kindness, empathy, leadership and self-management skills. The b kinder foundation has teamed up with Huber Social to measure the effectiveness of the b kinder workbooks. Social impact reports measure the shift in wellbeing of the students in the following areas:

- Life Skills (relationship skills),
- Wellness (connection & purpose),
- Resilience (coping & adaptability)





The Social Impact of the B Kinder Workbooks

May - August 2019

Program Outcomes

The B Kinder program takes a positive approach to Wellbeing by empowering young people with kindness, empathy, and awareness of self and others. This approach is designed to counteract the rise of anxiety, social isolation, bullying and suicide amongst children and young people. In particular, The Bigger Picture workbook used by year six students in this measurement focuses on building empathy, mental health, leadership and positive relationships.

Demographics

Year 6 students from an inner Sydney private school

Sample Size
98 individuals were involved in the research

“The B Kinder workbook made me realise just how kind someone my age could be, and what a big effect someone can have on another person if they just smile.”

– Year Six Student

Wellness: Mental Health +30% Reduction in feeling angry	Life Skills: Communication Skills +22% Increased ability to share thoughts and feelings with others	Life Skills: Relationship Skills +18% Increased ability to make friends	Resilience: Adaptability +14% Increased ability to adapt when unexpected events happen
Resilience: Coping +14% Increased ability to handle many things at once	Wellness: Purpose +14% Improvement in being able to make a difference to others lives	Wellness: Mental Health +13% Reduction in feeling sad and unhappy	

Analysis and report prepared by Huber Social info@hubersocial.com.au www.hubersocial.com



b kinder initiatives

walk for a kinder world sponsored walk

Connecting people around the world one kindness step at a time. Our walk for a kinder world fundraising event is held on the annual World Kindness Day, 13th November. walk for a kinder world is about walking with purpose. The aim is to spread kindness while participating in a walk around the world together. Your walk can take place anywhere you like, and we would love for you to take someone with you. Register as a team or an individual, contribute as many kilometres as you would like and secure your sponsors. Monies raised are used to donate our wellbeing programs and kindness resources to primary school children within Australia. fundraise.flyhighbillie.org.



b kinder initiatives

b kinder ambassadors

As part of the b kinder initiative, grade 5 students will be selected by their teachers/principal to become b kinder ambassadors. The criteria for selection of b kinder ambassadors will be for those students who embody the b kinder spirit through their behaviour towards their peers and teachers. We hope these positions of b kinder ambassadors are highly respected within their schools and that they are acknowledged for how their actions can make a difference in making the world a kinder and more compassionate place every day.



b kinder annual student forum

In conjunction with schools, b kinder foundation will be hosting an annual student forum for grade 5 students. The forum will be totally organised by students for students and all the schools attending will be involved.



b kinder schools

The b kinder foundation, along with schools and education consultants are currently working together to build a framework for the establishment of b kinder schools.

Becoming a b kinder school and member of the b kinder school network will identify each school as demonstrating pro-active leadership which empowers students to become kind, resilient and confident children, creating a kinder world. b kinder schools and network members will have access to wellbeing programs, kindness resources as well as full support from other educators and the b kinder foundation.

We would like b kinder schools to partner with other schools and for educators to work with other educators in order to build kindness and prioritise relationships. We believe that through a network of b kinder schools, Billie's legacy of love and kindness will continue to flourish and grow. b kinder schools will become role models on how to move forward with kindness, empathy and compassion, ultimately changing the world one kindness school at a time.

target and reach

ALL TOTALS	2020	2021	2024	2029
Total people reached	245,800	609,600	1,613,000	3,327,000

SCHOOLS	2020	2021	2024	2029
b kinder day (no of schools)	52	200	1,000	6,000
b kinder greeting cards (sales)	18,000	60,000	200,000	600,000
b kinder workbooks (workbooks sold/donated)	650	1,200	3,000	10,000
b kinder storytime (schools involved)	3	10	20	100
b kinder student forum (no of schools)	0	5	15	50
b kinder schools (no of schools)	0	4	10	25
walk for a kinder world	4	10	30	100
People reached	112,000	355,000	1,110,000	2,600,000

BUSINESS/ORGANISATIONS	2020	2021	2024	2029
b kinder day (no of business/organisations)	80	110	200	400
b kinder greeting cards (sales)	1,000	2,000	5,000	10,000
walk for a kinder world	8	20	50	100
People reached	7,000	16,000	40,000	80,000

CORPORATIONS	2020	2021	2024	2029
b kinder day (no of corporations)	1	2	10	20
b kinder greeting cards (sales)	12,000	14,000	25,000	40,000
walk for a kinder world	0	2	5	20
People reached	36,000	62,200	125,000	170,000

INDIVIDUALS/COMMUNITIES	2020	2021	2024	2029
b kinder greeting cards (sales)	1,200	3,000	5,000	10,000
b kinder workbooks (workbooks sold/donated)	80	100	250	500
b kinder storytime (stories written)	15	30	100	300
radio advertising/media (people reached)	30,000	50,000	100,000	200,000
walk for a kinder world	97	200	400	800
People reached	90,800	176,000	338,000	630,000