

information kit

b kinder workbooks





about the b kinder foundation

The flyhighbillie charity, trading as the b kinder foundation, was set up to honour the amazing legacy of 12 year old Billie Kinder. The b kinder foundation is a fully registered charity with DGR status committed to spreading empathy, kindness and compassion to reduce mental health issues, bully and suicide in children and young people.

about b kinder workbooks

The **b kinder workbooks** are unique, positive, interactive learning tools that have been designed with the help of teachers and psychologists to initiate questions and address what it means to be kind. These **b kinder workbooks** perfectly align with the PDHPE Australian curriculum K-6 and embed the social, emotional and learning units which incorporate the core values with a particular emphasis on kindness. Each of the three **b kinder workbooks** come with online units of work and focus on the strands of health, wellbeing and relationships.

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start spreading kindness



We all have a region in our brains known as the Cooperative Centre. It's a part of the brain that allows us to positively collaborate with others and to be kind to one another. We are all born with this innate capacity for kindness.

But, just like any part of the brain the Cooperative Centre is flexible, it is maintained if used often enough, or it can shrink away. Kindness is a part of our nature, but education allows us to maintain our Cooperative Centre. Kindness education in schools can foster a culture of kindness and students will be surrounded by examples of kindness from an early age and learn to make kindness a habit. This strengthens the Cooperative Centre and students today will grow into kinder adults.

mental health and well-being



“With about 50% of mental health disorders beginning before the age of 14 years, prevention and early intervention are paramount if we want to reduce lifetime prevalence of mental health disorders and allow children to live their best possible lives”.

**Murdoch Children’s
Research Institute**



Children today are inundated with information on topics like anxiety, depression, bullying and suicide. There is a glaring absence of positive messages. Anxiety levels have increased significantly in the last decade with suicide now being the single largest killer of Australian youth. 1 in 7 primary school students now has a mental health condition.

Mission Australia

Prevention, early intervention and positive messages are needed now more than ever. The **b kinder workbooks** focus on kindness, empathy and compassion which are crucial for creating positive, healthy social and emotional communities. They empower and inspire children and help build confidence and resilience. They also help children to see that their actions do matter and they each have the power to make a difference.

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b kinder workbooks

The **Blue b kinder workbook** once upon a time is for kindergarten and preschool children.

The three **b kinder workbooks** targeted at primary school children are as follows:

Yellow b kinder workbook
sunflowers and rainbows: for grade 1 or 2

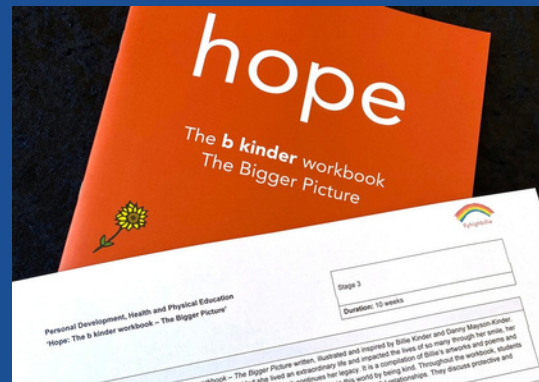
Red b kinder workbook
b kinder workbook: for grade 3 or 4

Orange b kinder workbook
the bigger picture: for grade 5 or 6

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.

Social impact reports on the **b kinder workbooks** show that these resources are having a substantial impact on children's wellbeing.

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hope

The **b kinder**
workbook



hope

The **b kinder** workbook
The Bigger Picture



hope

The **b kinder** workbook
Sunflowers and Rainbows



ACTION



"Saving just one horse will not change the world, but surely it will change the world for that one horse." - Anonymous

They say that actions speak louder than words. Billie had empathy for anyone and everyone. One night on a road trip back from Melbourne, the family stopped off at a restaurant. There was an old lady sitting at a nearby table on her own. Billie felt so sad for her and asked if she could come and join her family.



How can you be there for your friends?
Be kinder to everyone.
Encourage people to do nice.
Thoughtful is better than not being thoughtful.
Helped because you can help others.
Empathy is not really to be something.
Empathy is to be something.
How can you encourage your friends?
You can always help.
How can you inspire them to believe in themselves?
You know you will.
You always have someone there.
You help no matter what.
You will be on the side.
You will be on the side.

You can take action and make a difference to someone.
It's not always obvious if someone is feeling alone or sad.
They may not tell you. How can you tell if someone needs help?

What could you do to help them?



kindness activities

The b kinder workbooks promote empathy and compassion for primary school age children to reduce severe mental health issues, bullying & suicide.

The b kinder workbooks can be used as stand alone tools or can be used to enhance existing programs such as "Bounce Back" or "Grow Your Mind".

Watch our short one minute videos:

b kinder charity video

b kinder workbook video

bkinderfoundation.org



how to order

Small orders can be made via the website:
flyhighbillie.myshopify.com

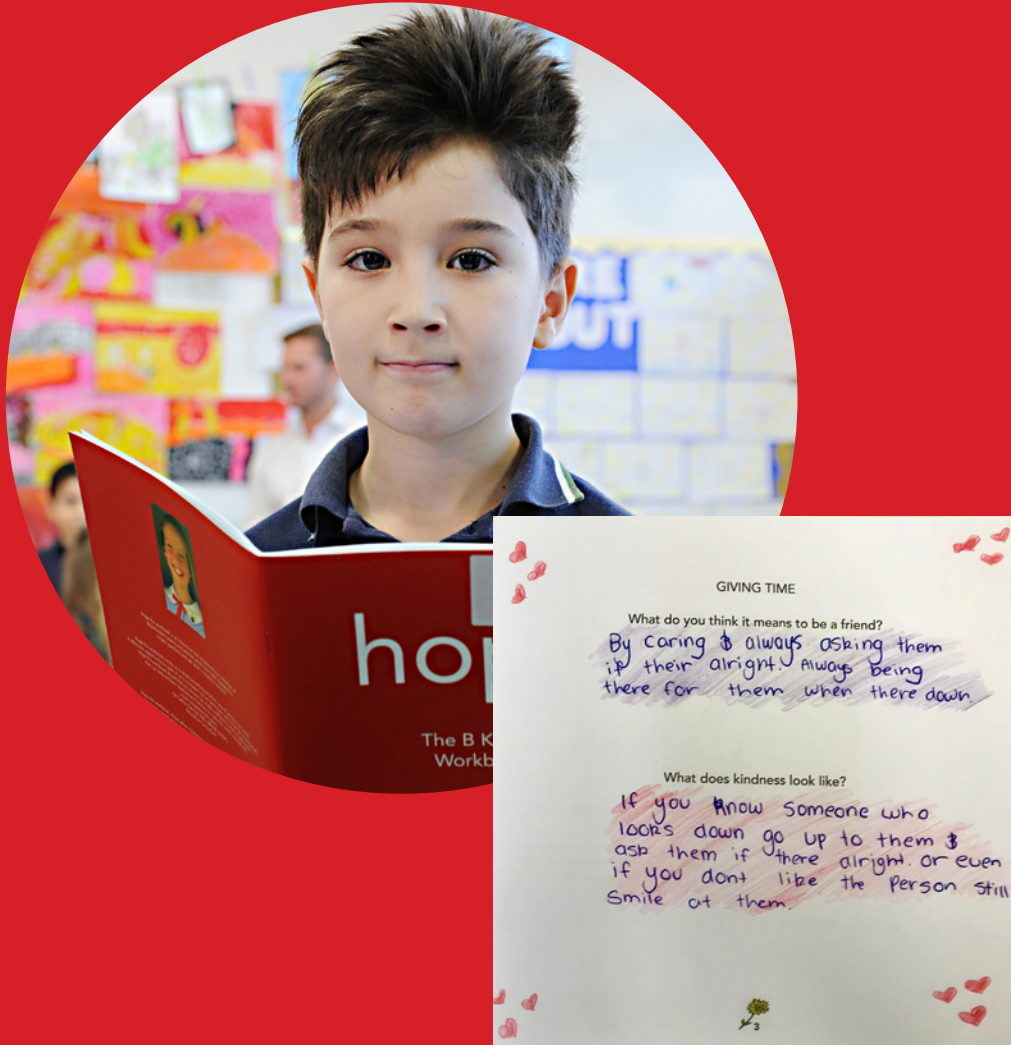
Or
Larger orders can be made directly by
emailing: info@bkinderfoundation.org

Or
Schools can order their b kinder
workbooks through **Campion Education**
and add to their booklists



bkinderfoundation.org

testimonials



The b kinder program offers learning activities that provoke our students to ask questions, to ponder and explore, to stretch themselves and to see things from another's perspective. As a result of engaging in the b kinder initiatives we hope to see students become individuals who are more empathic, considerate, resilient and confident human beings. b kinder is a rich and authentic program which helps educators embed the explicit teachings of wellbeing into all aspects of teaching. It encourages students to identify and develop their strengths and talents, to self-regulate their emotions and to show empathy as they explore and understand the stories and experiences of those around them.

Nicole Gruman *Vice Principal*
Moriah College

testimonials

Students have found the themes – of self-discovery; self-giving; relationship; values; hope, compassion and community – genuinely accessible within a framework that allows them to reflect and then invites them to find their own meaningful response through a process of discussion and consideration, all as purposefully and pertinently opened out by the text. Students relate to the 'b kinder workbook'. They are able to respond to its challenge because they recognise its authenticity and the consequent safety, relevance and purpose in making real response.

Keith Peterson: *Head of Junior School
Arndell Anglican College*



testimonials

The b kinder workbooks are a great help in initiating discussion surrounding emotions that can be difficult for the young to communicate and they do this in a charming and creative way that encourages clarity, comfort and kindness and allowing open, free expression and valid self-introspection. Furthermore they are a daily personal reminder to walk, speak and think in kindness, looking in and looking out.

Dominic Westbrook *Counsellor
Gifted Minds*



The b kinder workbook has initiated wonderful discussions around the individual topics. I love the simplicity of the resource as it can be used as a springboard to take the discussion in many ways.

David Englebert *Head Stage 2
International Grammar School*

I like the workbook because every time we use it, then when we go into the playground everyone is nice to each other.

Grade 3 student
International Grammar School

student comments

(ages 8–12) who have completed the b kinder workbooks

- I love the way the kinder books ask great and meaningful questions.
- It's a very good book to express what happens and how you feel.
- All the questions are super clear and I understand everything and I am really grateful for them because now I can't wait for my mum or dad to come so I can give them a big hug. Also the books have made me more conscious and more grateful for things. Thank you, so much the books have really help.
- I think that the b kinder book is great. It is a way to think more about your decisions and make kinder choices.



- It is a great way to make others realise what kindness looks like.
- I have helped one of my friends who gets bullied. I help by telling him to ignore the person bullying him and that I am always here for him.
- I think it was a great program and that I have just felt more positive as well as seen people be more positive, kind and happy. Thank You.
- I think the book is really beautiful and the fact that this program exists is really touching to me. I hope this program continues.
- I really enjoyed following along with what had been written, while feeling and knowing that no one would look inside it. It 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.
- I have thought more about how other people may feel.

thank you for spreading kindness!

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