



## Uniting the Global Kindness Community

June 16, 2026

Vol. 1



Dear Friend,

Thank you for joining us at the Inaugural k20 Kindness Without Borders Summit. We want to stay connected so we can continue to connect, create, and collaborate.

Throughout the summer, we will publish the newsletter every month so we can share some of the materials presented at the summit, certificates, good news and resources that may help you do your own kindness advocacy work.

We are still smiling from all of that kindness shared at Florida Gulf Coast University. We are making plans for the next summits - locally and globally - and will share the details as soon as they're confirmed.

Kindly,

The k20 Summit Design Team (Alan Williams, Francesca Donlan, Jenny Haase, and Inaugural Summit host, Maria Roca)



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## 10,000 ACTS OF KINDNESS

Kelly Fayer announced at the summit that she has officially launched the KindLee **10,000 Acts of Kindness Challenge**.

This initiative is designed to inspire individuals and communities to spread kindness. KindLee will lead the challenge and help mobilize participation across Southwest Florida and beyond.

Community members are encouraged to take part by performing acts of kindness - big or small - and sharing them publicly to help inspire others. Participants may post their own kind acts, or highlight the kindness they witness in others, on social media using the campaign's designated hashtag **#KindLee10K**.

For those who prefer not to use social media, #KindLee has created an alternative way to participate. Individuals can email their act of kindness to [kelly@fayerlaw.net](mailto:kelly@fayerlaw.net), and it will be posted on their behalf to ensure every contribution is counted and celebrated.

The k20 hopes the KindLee 10,000 Acts of Kindness Challenge will help the local Summit become more than an annual gathering. The collaboration between Roots of Compassion and Kindness (ROCK) Center and KindLee will transform into a movement bigger than any single person.

How will you choose to be kind?

# 10,000 KIND ACTS CHALLENGE

TOGETHER, LET'S SPREAD KINDNESS EVERYWHERE.

Our goal: Document 10,000 acts of kindness in our communities over the next year.  
*Small acts. Big impact. Countless lives changed.*

**#KINDLEE**  
COMMUNITY INITIATIVE

**FGCU**  
ROCK CENTER  
K20 KINDNESS SUMMIT

*Kindness connects us all.*

## HOW TO PARTICIPATE:

- 1 DO SOMETHING KIND!**  
Any act of kindness—big or small—counts.
- 2 CAPTURE IT!**  
Take a photo, video, or write a short description of your act of kindness.
- 3 INCLUDE YOUR COMMUNITY!**  
Tell us your city or community.
- 4 POST IT PUBLICLY OR EMAIL IT PRIVATELY!**  
Share publicly on Facebook or Instagram OR email it to us if you prefer not to post.
- 5 FOLLOW & TAG KINDLEE**  
so we can find it and count your act!
- 6 USE THE HASHTAG #KINDLEE10K**  
*This is how we count your kindness!*
- 7 INVITE OTHERS TO JOIN THE MOVEMENT!**  
Together, we can reach 10,000 kind acts!

Facebook.com/KindLee  
@KindLeeSWFL

EMAIL SUBMISSIONS TO:  
[Kelly@FayerLaw.net](mailto:Kelly@FayerLaw.net)  
People who do not want to post publicly may email submissions instead.

**10,000 ACTS. COUNTLESS LIVES CHANGED.**

**BE KIND. SHARE KINDNESS. INSPIRE CHANGE.**

# Summit Spotlight



Kindness Around the World: Alan Williams shared some videos that people have told us they would like to see in full so here are the slides and videos. Please enjoy.

[Link](#)

## Silvia Casabianca's Kindness Award



Silvia Casabianca is offering a k20 Kindness Without Borders Kindness in Action Award. This \$2,000 award supports innovative, values-driven projects that demonstrate how kindness can cross borders - geographic, cultural, organisational, and social. We are seeking ideas that are practical, measurable, and capable of inspiring wider adoption. To learn more about it and the award visit: [k20kindness.com/award](https://k20kindness.com/award)

Link

Summit Slides



## Inaugural SUMMIT May 2026

The ROCK Center  
Florida Gulf Coast University

## Presenter Slides

### Day 1

- Mark Doughty
- Jaclyn Lindsey
- Alan Williams
- Brian McLaren

### Day 2

- Ken Jaray
- Nirmala Mehendale-Peters
- Donna Dwiggins
- Ash Moraca

### Kindness Stories & the Ripple Effect

- Alan Williams, Brad Aronson
- Jenny Haase, Francesca Donlan

### An Evening of Kindness & Film

- Peter Samuelson & Kevin Smith
- Will Stoller-Lee & Terri Bullock

Celebrating Kindness - Short Videos

Here are some of the presentations from our excellent speakers.

[Link](#)

## Summit Survey

Thanks to all of you who have completed our survey. We would like to get as many responses as possible and report the outcomes. Please take a minute to fill this out.

[FILL OUT  
SURVEY HERE](#)



## SURVEY

### The k20 Inaugural Kindness Summit



## k20 Community Kindversations



### *New!* Community Zoom Meeting

Why wait for another year to pass before we see each other again? We are hosting a Community Zoom on Monday, July 14 at noon (EST) full of kindversations and collaborations. Please join us.

[Zoom Meeting](#)

# The Ripple Effect

## What's Happening Post Summit

### *Kindness On The Road*



#### Inaugural k20 Kindness Summit

May 14-17, 2026  
The Roots of Compassion  
and Kindness (ROCK) Center  
Florida Gulf Coast University  
Fort Myers, Florida



#### **Kindness collided in Savannah!**

Sometimes when serendipity strikes, all feels right with the world. Wendy Hanson, executive coach, participated in our summit. Afterwards, she traveled to Savannah, Georgia, proudly wearing her k20 T-shirt. As Wendy checked into her hotel, she met Emery Lowden! Emery helped the k20 Design Team design our k20 Summit program guide and recognized Wendy's T-shirt right away.

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## Kindness Awards

Will Stoller-Lee, Executive Director of TDB Family Foundation, awarded The Roots of Compassion and Kindness (ROCK) Center \$2500 to support a film initiative linking college students with seniors. Ken Jaray, former mayor of Manitou Springs, Colorado also awarded ROCK \$2,500 for kindness grants related to community building.



## Share Your Kindness Stories

We would love to include all kindness stories, collaborations, and insights in our next newsletter. Please share them with us at [pr@francescadonlan.com](mailto:pr@francescadonlan.com)

## ***T-shirts for Sale***

Speaking of T-shirts - we've got more to sell if you would like one. We have three styles - one with k20 logo on the front, one with the definition of kindness and one with Kindness is.... All have the same graphic on the back. Each T-shirt is \$20 plus shipping and goes toward acts of kindness. Buy one as a gift and enjoy it as a memory and souvenir of our inaugural event.



X



**Order your official summit tee!**



**KINDCOTTON.COM/K20**

**use promo code K20 for 10% off & shop our full collection at [www.kindcotton.com](http://www.kindcotton.com)**



## *k20 Kindness Summit Playlist*

Here is a Spotify playlist of some of our favorite kindness songs.

[Spotify Playlist](#)



### US Values Alliance Zoom Meeting

The US Values Alliance invited the k20 leadership group to talk about the summit. We enjoyed a wonderful conversation about

some of the summit takeaways from speakers and attendees and discussed the importance of kindness for our country.

[Zoom Meeting Replay](#)

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## THANK YOU TO OUR SPONSORS

We could not have had such a successful Summit without your generosity and kindness!



**FGCU**  
 Roots of Compassion &  
 Kindness (ROCK) Center



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TDB Family Foundation

#KINDLEE

## Kindness in the News

The science, research and kindness happenings around the world

Researchers reveal that acts of kindness can make you happier and healthier. People consistently underestimate the kindness of others. But the truth is, it happens more often than people realize.

<https://www.nbcnewyork.com/news/business/money-report/acts-of-kindness-can-make-you-happier-and-healthier-happiness-researchers-say-3-simple-ways-to-give-and-reap-the-benefits/6282850/>

One Kind Act Does Set off a Chain Reaction. New research suggests that for most people, your kind gesture isn't just helping one person - it's helping many. <https://www.axios.com/2026/05/07/kindness-survey-gallup>

The United States Postal Service has just announced the winner of its Stamp Encore contest, which encouraged members of the public to vote on 25 stamps to bring back into circulation in honor of the organization's 250th birthday. The 2018 "Mister Rogers' Neighborhood" design won, bringing back the stamps by popular demand. Fred Rogers had a lasting legacy for his kind demeanor as a children's entertainer and a legacy that included "look for the helpers." Thousands rallied to bring back this small symbol of affection for the icon.

British 'Knitting Nannas' sent mini sweaters to penguins, toys to monkeys and baby blankets to a rhino. Now they're knitting for elephants.

## Contact Us

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k20 website

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