

World Kindness Day Quiz

1. When is World Kindness Day celebrated?

- ☐ a) November 10
- ☐ b) November 11
- ☐ c) November 12
- ☐ d) November 13

(Answer: d) November 13)

2. Which organization introduced World Kindness Day?

- ☐ a) World Health Organization
- ☐ b) World Kindness Movement
- ☐ c) United Nations
- ☐ d) World Peace Council

(Answer: b) World Kindness Movement)

3. In which year was World Kindness Day first celebrated?

- ☐ a) 1995
- ☐ b) 1998
- ☐ c) 2000
- ☐ d) 2005

(Answer: b) 1998)

4. Which country hosted the first World Kindness Movement conference?

- ☐ a) Japan
- ☐ b) Canada
- ☐ c) United Kingdom
- ☐ d) Australia

(Answer: a) Japan)

5. What is the main aim of World Kindness Day?

- ☐ a) To promote healthy living
- ☐ b) To encourage acts of kindness
- ☐ c) To celebrate cultural diversity
- ☐ d) To protect the environment

(Answer: b) To encourage acts of kindness)

6. Which symbol is commonly associated with kindness?

- ☐ a) Heart
- ☐ b) Star
- ☐ c) Dove

☐ d) Flower
(Answer: a) Heart)

7. Which day of the week does World Kindness Day usually fall on?

- ☐ a) Monday
 - ☐ b) Wednesday
 - ☐ c) Friday
 - ☐ d) Varies every year
- (Answer: d) Varies every year)

8. Which country officially registered World Kindness Day as a national day in 2019?

- ☐ a) Australia
 - ☐ b) Singapore
 - ☐ c) Canada
 - ☐ d) United Kingdom
- (Answer: b) Singapore)

9. What is one simple act often encouraged on World Kindness Day?

- ☐ a) Planting a tree
 - ☐ b) Smiling at strangers
 - ☐ c) Running a marathon
 - ☐ d) Donating books
- (Answer: b) Smiling at strangers)

10. Who is often called the “Mother of Kindness” for her humanitarian work?

- ☐ a) Mother Teresa
 - ☐ b) Florence Nightingale
 - ☐ c) Malala Yousafzai
 - ☐ d) Eleanor Roosevelt
- (Answer: a) Mother Teresa)

11. Which color is most often linked to kindness and compassion?

- ☐ a) Blue
 - ☐ b) Yellow
 - ☐ c) Pink
 - ☐ d) Green
- (Answer: c) Pink)

12. Which global campaign promotes random acts of kindness?

- ☐ a) The Smile Project
- ☐ b) Random Acts of Kindness Foundation
- ☐ c) World Peace Day Movement
- ☐ d) Global Giving Network

(Answer: b) Random Acts of Kindness Foundation)

13. Which emotion is most closely tied to acts of kindness?

- ☐ a) Joy
- ☐ b) Anger
- ☐ c) Fear
- ☐ d) Surprise

(Answer: a) Joy)

14. How can workplaces celebrate World Kindness Day?

- ☐ a) By offering bonuses
- ☐ b) By organizing volunteer events
- ☐ c) By closing early
- ☐ d) By holding sports competitions

(Answer: b) By organizing volunteer events)

15. What effect does kindness have on people's well-being?

- ☐ a) It increases stress
- ☐ b) It reduces happiness
- ☐ c) It improves mental health
- ☐ d) It causes fatigue

(Answer: c) It improves mental health)

