

Pink Shirt Day 2026 - Activity

Pink Shirt Day takes place each year on the last Wednesday of February, which in 2026 falls on February 25. Pink Shirt Day promotes kindness, inclusion, and awareness of bullying prevention by encouraging communities to take a collective stand against bullying.

In 2026, Pink Shirt Day highlights the theme “Sprinkle Kindness,” emphasizing the importance of intentionally sharing acts of compassion to help create safe and welcoming environments.

To complete this activity:

1. Write a message of kindness using the rock templates provided below, write an inspirational quote, positive affirmation, or kind statement. Please use professional, respectful, and uplifting language. Examples include:
 - “You Rock!”
 - “I appreciate you”
 - “You got this!”
 - “You’re doing an amazing job!”
2. This step is optional: You may print your completed rock template on pink paper, if available, or choose to color it with a pink highlighter.
3. Cut out your rock template
4. Sprinkle kindness by;
 - a. Adding your rock to your department’s designated Kindness Garden where applicable
 - b. Posting in a common area in the building to be found
 - c. Passing on to a coworker to make their day a little brighter. In person or virtually.











