



**HELPING YOUNG PEOPLE DISCOVER
THE POWER OF KINDNESS**

WWW.THEGREATBRITISHSKIP.CO.UK OR
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WHAT IS THE GREAT BRITISH SKIP?

THE GREAT BRITISH SKIP IS A NATIONWIDE KINDNESS CAMPAIGN PROVING THAT KINDNESS EXISTS IN EVERY CORNER OF THE UK LED BY KRISH PATEL, CAPTAIN OF KINDNESS FOR THE SCHOOL OF KINDNESS AND THE CHARITY 52 LIVES.

From 18 August 2026, Krish will attempt to skip the length of the UK, from Land's End to John O'Groats, over 35 days using a skipping rope, the equivalent of 35 marathons. But this is about far more than endurance. The Great British Skip is a journey designed to shine a light on kindness across the country. Along the route, we will uncover stories of compassion, community and connection whilst raising funds to support kindness workshops and kindness activities for children and young people in schools across the UK.



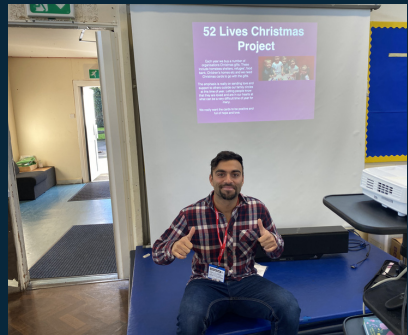
BUT, WHY SKIPPING?

It's playful, nostalgic and universal. Skipping brings people together, breaks down barriers and sparks connection. This campaign aims to do the very same, creating moments of joy, conversation and togetherness in schools and communities nationwide. At a time when many young people are experiencing anxiety, loneliness and social pressure, this campaign exists to remind children that kindness still matters and that even the smallest act can create a powerful ripple effect.

WHO IS KRISH PATEL?

Krish Patel is the Captain of Kindness for 52 Lives and The School of Kindness, where he delivers workshops that help young people develop empathy, compassion and confidence. He is also the founder of Tales to Inspire, a social enterprise that shares powerful real-life stories to inspire positive change in schools, workplaces and communities.

After an early football career was cut short, Krish discovered a passion for helping others and storytelling, community action and adventure and since then, he has dedicated his life to amplifying the voices of people from all walks of life and creating opportunities for individuals to feel seen, heard and valued.



Alongside his work, Krish has taken on a number of fundraising challenges to support causes close to his heart. These include running 115 miles across England to help build a school house in Uganda, swimming 53 miles across the Lake District to support people experiencing homelessness, cycling the length of Britain and completing a marathon using a skipping rope.

Through Tales to Inspire, he has now shared more than 170 stories of resilience, hope and determination, reaching over 100,000 people across the world. His work is built on a simple belief: that everyone has a story worth sharing and that kindness has the power to change lives.

The Great British Skip brings together Krish's passion for adventure, storytelling and kindness as he attempts to skip 900 miles across the UK to raise funds, celebrate acts of kindness and inspire the next generation to make a positive difference in the world.

ROAD 2 UGANDA



SWIM 4 SHELTER



CYCLE TO INSPIRE



SKIPPING A MARATHON



SCOOTING FOR KINDNESS



WEST HIGHLAND WAY



CAPTAIN OF KINDNESS



PUBLIC SPEAKER



WHAT CAN YOUR SCHOOL DO TO TAKE PART

1.GET SKIPPING WITH A SPONSORED SKIP

TO RAISE MONEY WHILST PROMOTING WELLBEING, MOVEMENT AND TEAMWORK. THIS COULD INCLUDE:



**PLAYGROUND
SKIPATHONS**



**YEAR GROUP SKIP
CHALLENGES**



**WHOLE SCHOOL
SPONSORED SKIPS**



**DAILY KINDNESS &
SKIPPING GOALS**



**TEACHER VS STUDENT
SKIP CHALLENGES**



**PARENT & CHILD SKIP
CHALLENGES**

EVERY FUNDRAISING SKIP HELPS SUPPORT THE DELIVERY OF MORE FULLY FUNDED KINDNESS WORKSHOPS FOR CHILDREN ACROSS THE UK.

WHAT CAN YOUR SCHOOL DO TO TAKE PART

2. SHARING YOUR STORIES OF KINDNESS

WE WOULD LOVE FOR YOU TO SEND YOUR STORIES OF KINDNESS TO US VIA OUR WEBSITE AT WWW.THEGREATBRITISHSKIP.CO.UK ONCE KRISH BEGINS HIS CHALLENGE FROM 18 AUGUST!

PROVING THAT
KINDNESS STILL EXISTS
IN EVERY CORNER OF
OUR COUNTRY.

SHOWING THAT EVEN IN
CHALLENGING TIMES,
KINDNESS REMAINS THE
THREAD THAT
CONNECTS US ALL.

CREATING A
MOVEMENT THAT
SHOWS
COMPASSION IS
STRONGER THAN
DIVISION.

REMINDING PEOPLE
THAT SMALL ACTS
CAN HAVE AN
EXTRAORDINARY
IMPACT.



CREATING A MAP OF KINDNESS

WE WILL CREATE A MAP OF KINDNESS THROUGHOUT THE UK AND YOU WILL BE ON IT!

By sending your stories of kindness to us, we will light up a map with kind stories, that we are gathering from all of the schools in the UK, as well as from people Krish will meet along the way! We would love for you to send your stories of kindness to us via our website at www.thegreatbritishskip.co.uk once Krish begins his challenge from 18 August!

FUNDRAISE FOR THE GREAT BRITISH SKIP

OPTION 1: FUNDRAISE AND DONATE

Host your own fundraiser – a Skipathon, bake sale, non-uniform day or kindness challenge – and donate the money raised to The Great British Skip via our GiveStar page. We'll also provide downloadable sponsorship forms for pupils to take home.

<https://givestar.io/gs/the-great-british-skip>



OPTION 2: CREATE A SCHOOL FUNDRAISING PAGE

Create your own GiveStar fundraising page as part of The Great British Skip event. Your school can set a target, personalise the page, share a unique link with families and supporters, and track your total alongside other participating schools.

Simply visit the event page below and click 'Fundraise for this Event' and then the "individuals" option to register your school.

<https://givestar.io/ev/the-great-british-skip>



WHY YOUR SCHOOL SHOULD TAKE PART

THE GREAT BRITISH SKIP IS MORE THAN A FUNDRAISING CHALLENGE. IT IS AN OPPORTUNITY FOR YOUR SCHOOL TO BECOME PART OF A NATIONAL MOVEMENT CELEBRATING KINDNESS, EMPATHY AND COMMUNITY.

By taking part, your pupils will:

Support Children's Wellbeing:

We are encouraging children to be active which we know is good for physical and mental wellbeing,

Inspire Kindness in Action:

Kindness is not something we simply talk about, it is something we do. The Great British Skip gives young people the opportunity to turn positive values into meaningful action and see the impact they can have on others.

Support Other Young People:

Funds raised through The Great British Skip will help provide support for young people and families living in poverty through 52 Lives, while also funding free kindness workshops in primary schools.

Help Build a Kinder Future:

By taking part, your school will help inspire the next generation to lead with compassion, build stronger communities and create a more connected and hopeful future for everyone.



BACK TO SCHOOL KINDNESS ASSEMBLY

We would like to invite you to a back to school kindness assembly on Friday 18th September to remind you of the kindness that exists within our schools and to start the school year in the best possible way. And, who knows, you may even have a chance of connecting with Krish on the online assembly to say hello...

If you're interested in signing up please register your interest via the School of Kindness website below:

https://schoolofkindness.org/back_to_school_assembly



Together, we can help create happier, more connected school communities.

THE GREAT BRITISH *skip*

JOIN THE MOVEMENT



*Every skip. Every story.
Every act of kindness matters.*

TOGETHER, WE CAN SHOW YOUNG PEOPLE THAT KINDNESS
STILL HAS THE POWER TO CHANGE LIVES.

FIND
OUT
MORE

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FOR REGULAR UPDATES ON THE GREAT BRITISH SKIP
CHALLENGE SIGN UP TO OUR NEWSLETTER [HERE](#)

