



Kindness



Being kind is
very important!



What is *Kindness*?

Kindness
is
Magic

A sympathetic or helpful act





One **KIND** word
can change your
entire day.

What does *Kindness* look like?

Showing appreciation



Speaking kind words



Thinking about ways to make others feel better



Helping others





Kindness is a
universal language
that can be spoken
by everyone.

How would YOU show kindness?

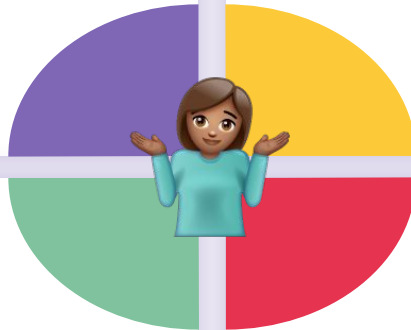
A student in your grade gets teased all the time for the way they look. There are several kids who often call them unkind names. They do not have many friends and spend most of their time alone.

GIVE A HUG

SAY KIND WORDS

**WRITE AN
ENCOURAGING
LETTER/NOTE**

STAND UP FOR THEM



How would YOU show kindness?

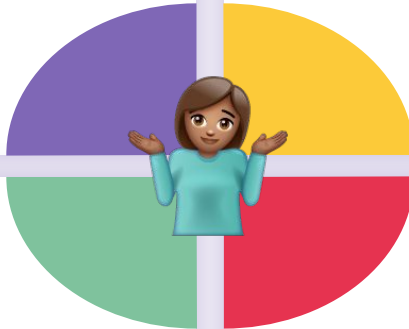
Several students at recess thought it was fun to make jokes about other kids' families. You realized that not everyone was laughing and one person started crying.

GIVE A HUG

SAY KIND WORDS

**WRITE AN
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STAND UP FOR THEM



☆ 8 Reasons to be **KIND** ☆

Kindness can
change lives

Kindness is
habit-forming

Kindness adds
meaning to our lives

Kindness ends
sadness

Kindness is
free

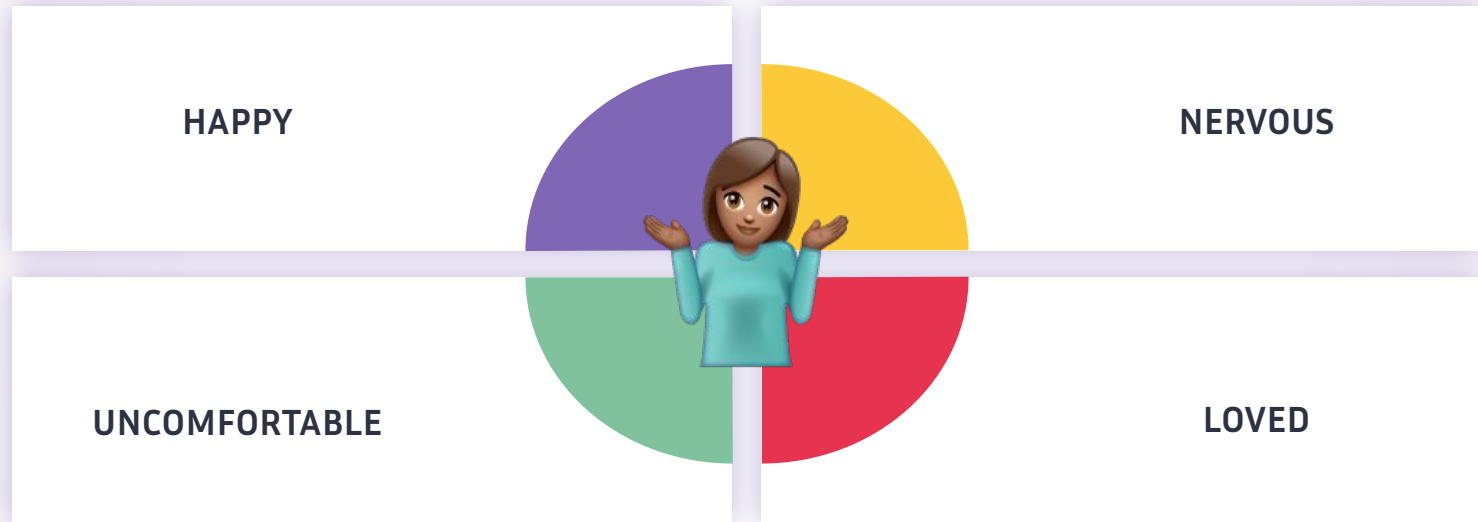
Kindness feels
good

Kindness makes us
better people

Kindness helps
make friends



How do you feel when someone is kind to you?





Kindness is
spreading sunshine in
someone's life
regardless of the
weather.

Cultivating Kindness in the Community

In order to cultivate a culture of kindness in the community, try to complete at least 20 of the activities on this Kindness BINGO card.

Kindness BINGO

Name: _____ Grade: _____

Be kind to yourself and eat a healthy snack	Give a note to your teacher	Recycle a piece of plastic or paper	Give an encouraging note to a classmate	Say "good morning" to 5 people
Entertain someone with a happy dance	Smile at 25 people	Wave to a classmate in the morning	Be on time for school	Learn something new about a teacher
Say "thank you" to the bus driver, crossing guard, or whoever picks you up	Draw a picture and give it to someone	Help your teacher with a task	Make a new friend	Whisper "thank you" to the librarian
Compliment 5 people	Pat yourself on the back as you work towards accomplishing a goal	Thank someone as you get food (cafeteria or someone at home)	Give an air five or air hug to someone	Pick up 4 pieces of trash
Let someone get in line in front of you	Help a classmate	Tell a joke and make someone laugh	Learn to say "hello" in another language	Hold the door open for someone

No act

☆☆☆ of ☆☆☆

KINDNESS

no matter how small

is ever

WASTED

☆☆☆



How will
YOU show
Kindness
today?