

kindness

## How can we show Kindness?

### Kindness at School

- Use kind and caring words when talking to your friends and adults.
- Be kind to others who are not always kind to you.
- Offering words of encouragement to our friends or celebrating their successes.
- Volunteer to help.



### Kindness at Home

- Show kindness to your parents and siblings
- be kind to ourselves. Taking care of our physical and mental health.
- Be a good neighbour.
- Do regular acts of kindness without expecting anything in return.



### Kind Katie



### Kindness in the Community

- Being kind to the elderly, sick and less fortunate.
- Be kind to our environment and the world around us.
- Get involved with charity work by giving time or money.
- Donate clothes or toys to charity shops.



One kind word or action can change someone's entire day!