

Ways to Show Kindness

Kindness means caring about others and helping make their day better. Kindness helps everyone learn and feel safe.

Even small actions can make a big difference!

At School:

- Include others in games and group work.
- Use kind words (no teasing or name-calling).
- Help a classmate who is struggling.
- Say “good morning” or smile at others.
- Stand up for someone who is not being treated fairly.
- Invite someone who is alone to join you at recess or lunch.
- Give a compliment to a classmate or teacher.

You can show kindness to your family every day!

At Home:

- Help clean up without being asked.
- Say “please” and “thank you”.
- Share toys, games or snacks.
- Give a hug or say something nice.
- Help a sibling with homework or chores.
- Listen when someone is talking.

You can spread kindness wherever you go!

In Your Community:

- Hold a door open for someone.
- Say “hello” to neighbors.
- Write thank-you notes (teachers, helpers, etc.).
- Donate toys, books, or clothes you no longer need.
- Be respectful in public places.

