



Ways to Be Kind

(to yourself and to others)

by Kimmy and Leona

Look for things that you like about others... and tell them.

Look for things that you like about yourself... and feel proud.

Try something new and see what you learn.

Ask others, "What are you thinking?" or "How are you feeling?"
It will help you get to know them better.

Ask others if they would like to join in a game or conversation.

Smile! It's good for you and helps others smile, too.

Ask someone if they need help.

Look for ways that you are like others
and the ways you are different, too!

Remember that everyone is special in their own way.