



**What does being kind  
mean to you?**



**KickStart**  
BREAKFAST



**How do you feel when you  
do something kind  
for others?**



**KickStart**  
BREAKFAST



**Who is the kindest person  
you know?**



**KickStart**  
BREAKFAST



**Can you remember a time  
when someone surprised  
you with kindness?**



**KickStart**  
BREAKFAST



**Can you think of ways  
that you can be kind to  
yourself?**



**KickStart**  
BREAKFAST



**What kind words can you  
use to encourage and  
support a friend today?**



**KickStart**  
BREAKFAST



**How can you be a helper  
or a problem solver today?**



**KickStart**  
BREAKFAST



**Can you think of a way  
to include someone who  
might be feeling left  
out today?**



**KickStart**  
BREAKFAST





**Is there a way you  
can be kind to the  
environment today?**



**KickStart**  
BREAKFAST



**How can you  
include others  
in your activities today?**



**KickStart**  
BREAKFAST