

What does being kind mean to you?





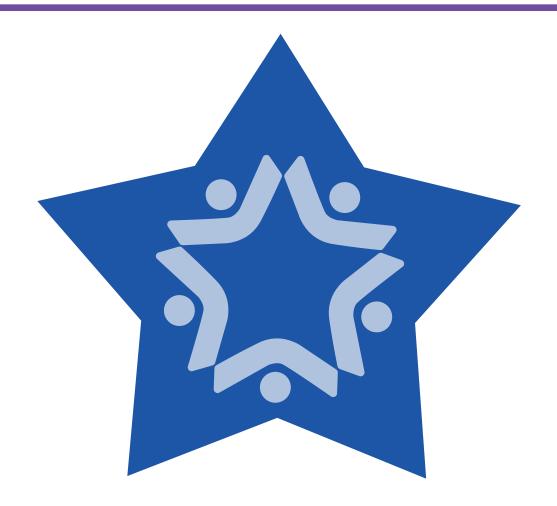
How do you feel when you do something kind for others?





Who is the kindest person you know?





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





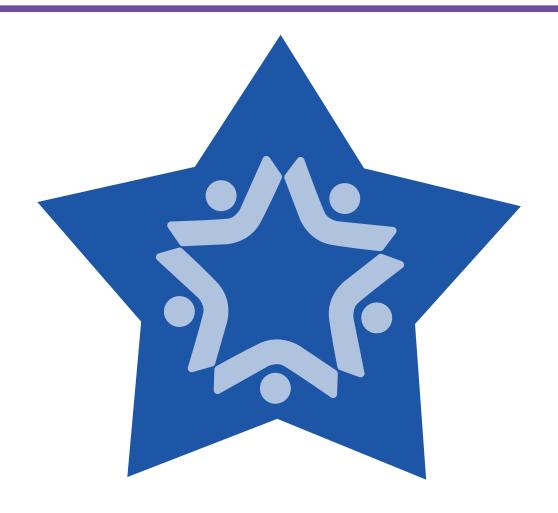
Can you think of ways that you can be kind to yourself?





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





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





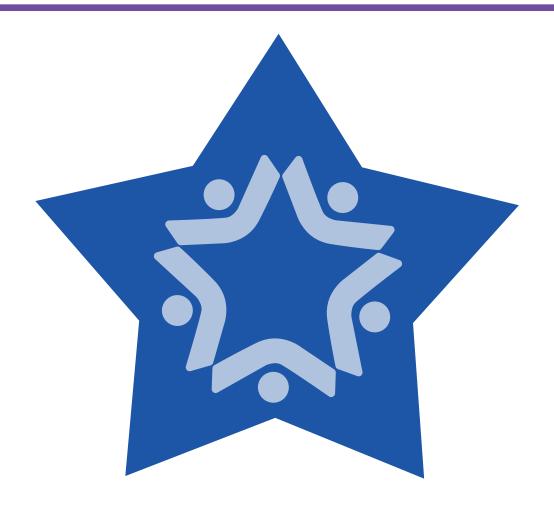
Can you think of a way to include someone who might be feeling left out today?





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





How can you include others in your activities today?

