

# Kindness Tips

## ● Kindness is Caring

- Taking care of people including self, environment, and animals

## ● Kindness is Being Thankful

- **Showing gratitude**
  - Thanking people you come in contact with every day- bus driver, crossing guard, etc.
  - Showing appreciation for family members and friends
  - Appreciating/respecting environment

## ● Kindness is Giving, Speaking, and Doing

- **Giving**
  - Giving a hug to someone who is sad
  - Making a card for someone special, etc.
- **Speaking**
  - Saying “I love you,” “Thank you,” “Can I help?”
  - Using appropriate language to share ideas and feelings, etc.
- **Doing**
  - Donating toys/books
  - Cleaning up toys
  - Helping to set the dinner table, etc.



## ● Kindness is Being a Friend

- Turn taking
- Sharing
- Inviting others to play/inclusion
- Cooperation
- Understanding and appreciating similarities and differences