

Kindness Starts With Me

Every act of kindness makes the world a little brighter! What is kindness? Kindness means treating people with care and respect.

Being kind also means being kind to yourself. It is okay to say "No" when something does not feel right.

My Kindness Flower: draw or write one kind of thing on each petal.

Write or draw one kind thing on each petal!



Kindness is caring for others. Kindness is caring for yourself.

The bravest kindness is staying true to who you are.

Kindness Activity: Real kindness does not confuse you.

Kindness does not change when others are not around. Kindness feels warm, not something that makes you feel upset. Kindness stays kind, even when no one is watching.

How to Spot a Real Friend. Read the kindness clues to help determine if someone is genuinely showing kindness.

Kindness Clue	☒ Real Friend	☒ Nice Mask
1. They are kind even when no one else is around.	_____	_____
2. They make you feel safe, not confused.	_____	_____
3. They give compliments but also make fun of people.	_____	_____
4. They talk with you, not about you.	_____	_____
5. Their actions match their words.	_____	_____
6. They say sorry and mean it. Their words match the emotion.	_____	_____
7. They talk behind people's back.	_____	_____
8. They share, take turns, and listen to your ideas.	_____	_____
9. They change how they act depending on who is watching.	_____	_____
10. They cheer you on when you do well.	_____	_____
11. They only play with you when there is no one is cooler around.	_____	_____
12. They remember what is important to you.	_____	_____
13. Try to boss you around or tell you who to be friends with.	_____	_____
14. They make you laugh without hurting anyone else's feelings.	_____	_____

Answers: Real Friend = 1, 2, 4, 5, 6, 8, 10, 12, 14; Nice Mask = 3, 7, 9, 11, 13

Have you ever felt confused by someone who acted nice but did not feel kind?

Who makes you feel safe by being themselves?

What do they do that helps you feel safe, comfortable and respected?

Feelings are Clues Activity

Read each clue and guess the feeling.



1. My heart beats fast. My hands feel sweaty. I want to hide.

I might feel: _____

2. I feel warm inside. I want to smile. I feel relaxed.

I might feel: _____

3. My tummy feels funny. Something does not feel right. I want help.

I might feel: _____

Ideas: 1. Scared, 2. Happy, 3. Worried or Unsafe

Your Own Feeling Clue.

Think of a time your feelings gave you a clue.

What happened?

How did your body feel?

What did you do?
