

Being Kind



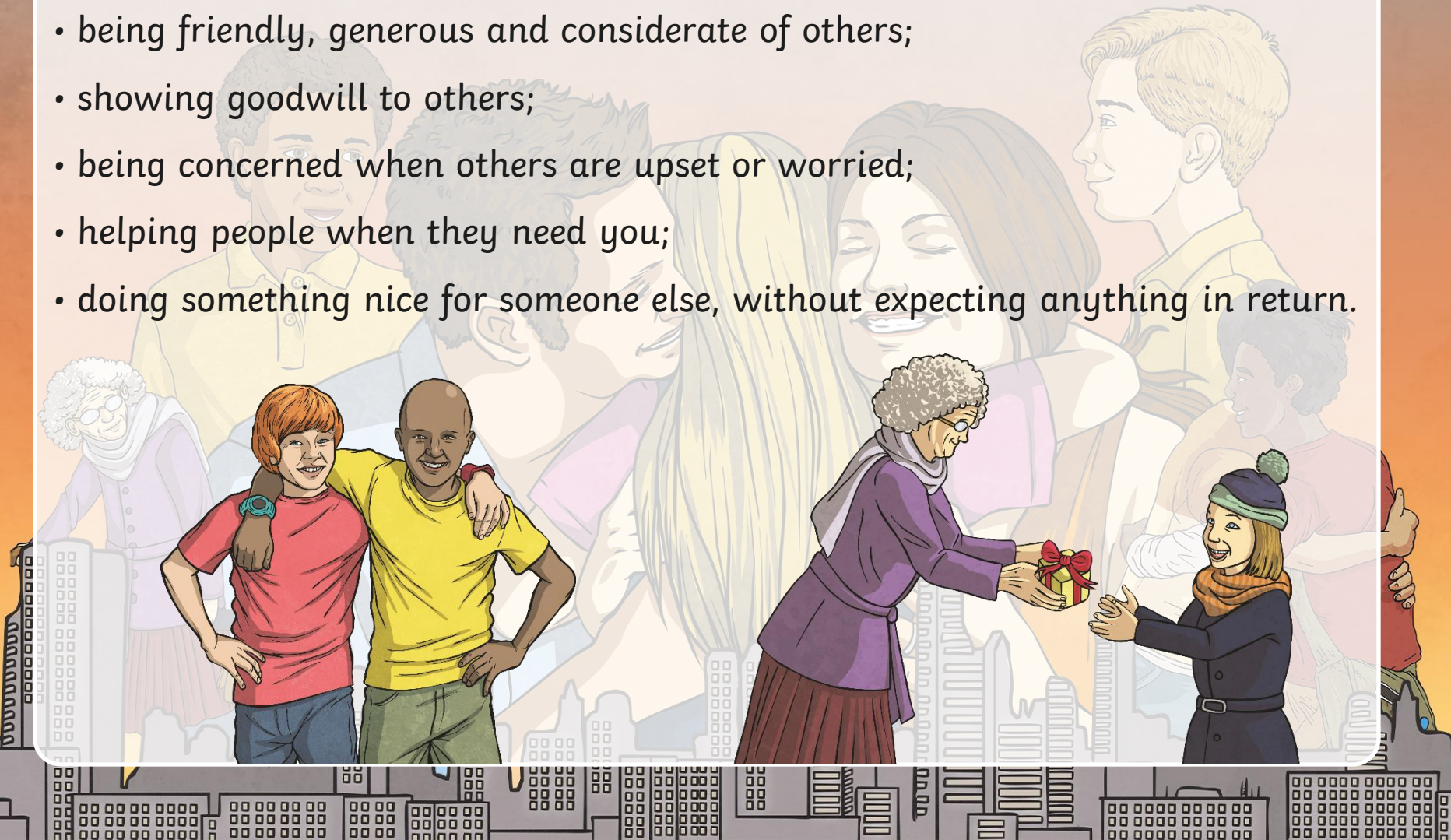
The Ripple of Kindness



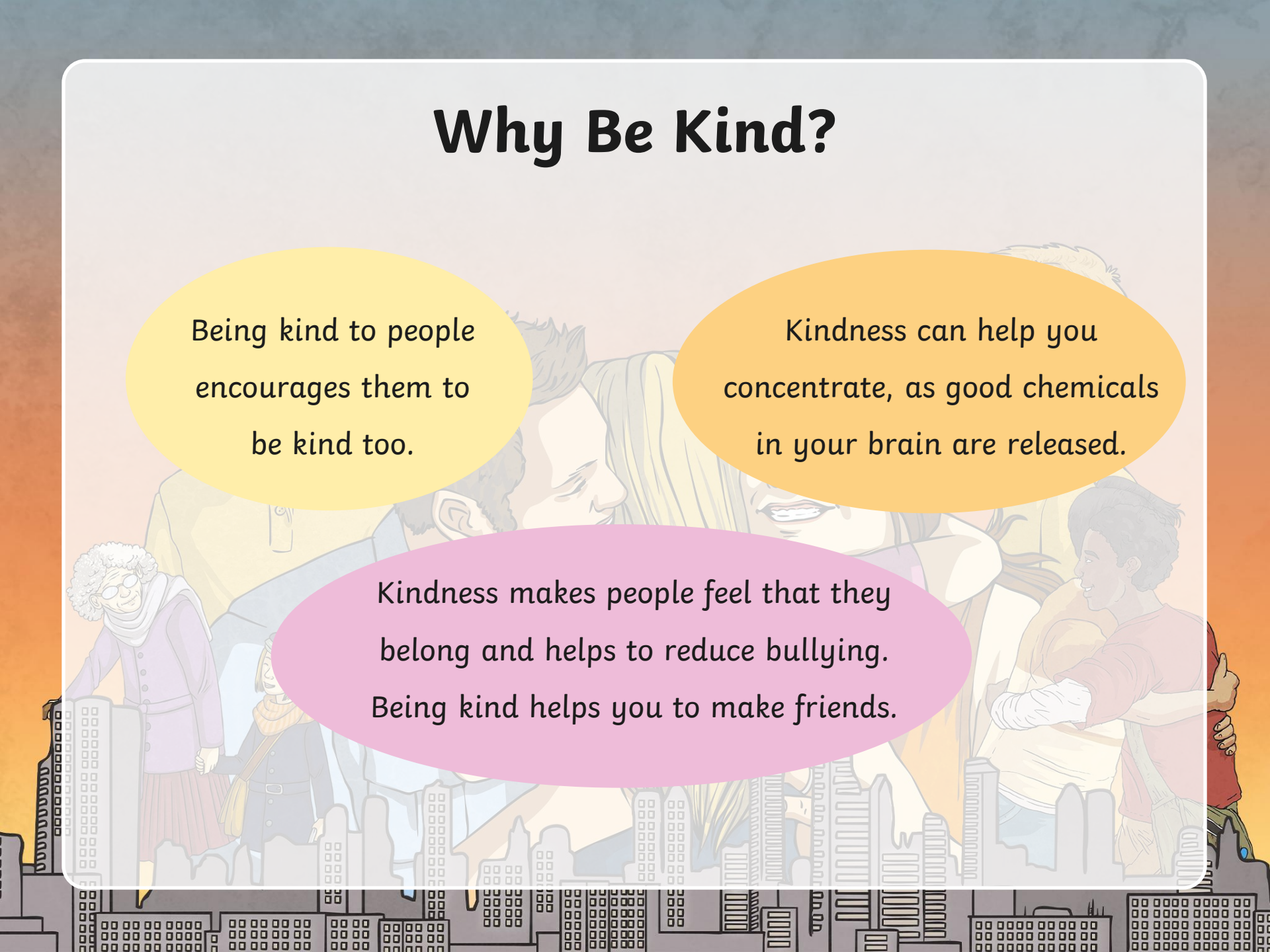
What Is 'Kindness'?

Kindness is:

- being friendly, generous and considerate of others;
- showing goodwill to others;
- being concerned when others are upset or worried;
- helping people when they need you;
- doing something nice for someone else, without expecting anything in return.



Why Be Kind?



Being kind to people encourages them to be kind too.

Kindness can help you concentrate, as good chemicals in your brain are released.

Kindness makes people feel that they belong and helps to reduce bullying. Being kind helps you to make friends.

Making Our Own Ripple of Kindness



Reflection

When was the last time you showed that you cared about someone's feelings?

When was the last time you helped someone?

Today and every day,
always choose kindness.



