

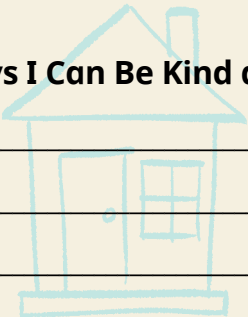
Kindness Begins with Me

No matter what, you can always choose to be kind! And many times, when you choose to be kind, others will see your kindness and choose to be kind too.



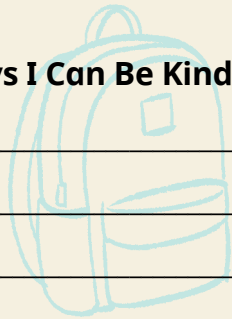
Three Ways I Can Be Kind at Home

1. _____
2. _____
3. _____



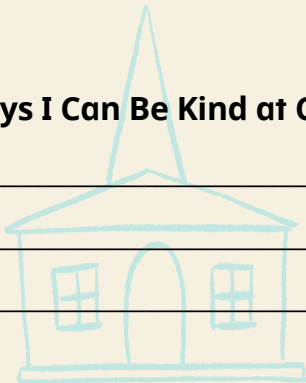
Three Ways I Can Be Kind at School

1. _____
2. _____
3. _____



Three Ways I Can Be Kind at Church

1. _____
2. _____
3. _____



KINDNESS TRACKER

Color in a heart every time you help someone, say something kind, act as a peacemaker, include someone who may feel lonely, or do any other act of kindness.
