

10 Ways Kids Can Be Kind

Ask a new friend if they want to play

Write a compliment note to someone



Teach your sibling something new

Ask mum or dad if you can help set the table or tidy a room



Share a toy or book with a friend



Give your mum or dad an extra hug



Compliment the cook on the food



Make a thank you card for your teacher



Pick up litter in your neighbourhood

Hold the door open for someone

BONUS!

Smile at someone who needs cheering up

