

Kindness builds:

**Community, Connection
and a sense of Belonging.**

Be kind to friends and family.

Show them you appreciate them. HOW?

1. Tell them that you appreciate them.
2. Do nice things for them.
3. Write them a thank you note.
4. Make something for them.

Be kind to strangers.

It connects people together
and makes everyone feel good. HOW?

1. Let them go in front of you in line.
2. Smile at them and say hello.

Be kind to people who are hard to like.

They need it the most! HOW?

1. Look for something good about them.
2. Say hello to them.
3. Smile at them.
4. Do something nice for them.

Be kind to the planet.

Care for and respect mother earth. HOW?

1. Do something nice for an animal.
2. Pick up litter.
3. Recycle