

Quiet unkind thoughts by breathing deeply!
 Read a story to your siblings!
 Share!
 Take warm clothes to a shelter!
 Undertake a kindness project!
 Volunteer!

Lend your umbrella to a stranger!
 Make care packs for the unhoused!
 Nurse an injured kitten to health!
 Open the door for an elder!
 Participate in a festival from a different culture!
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Get a glass of water for a family member!
 Help with chores! (Even if it's not your turn!)
 Invite the new kid in class over!
 Jump in & ask everyone to play!
 Kindly check in on someone who is ill!

Always assume positive intent!
 Bring snacks for everyone!
 Compliment your coworkers & classmates!
 Drop off treats at a Pet Rescue!
 Empathize with an upset colleague!
 Fix a broken toy!

Walk your next door neighbor's dog!
 Exhale unkind feelings out!
 Yield your parking spot to someone!
 Zero tolerance for unkindness!
 Thank you for practicing the ABC's of Kindness!

The ABC's of Kindness for Kids & Adults

Kids aren't born Kind!!
 They learn to be kind from adults...
 Parents Teachers Leaders



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...and through PRACTICE!!
 Use these ABC's of Kindness to teach & learn how to be Kind(er)!!
 Coaches

