

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

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!

Lend your umbrella to a stranger!
Make care packs for the unho used!
Nurse an injured kitten to health!
Open the door for an elder!
Participate in a festival from a different culture!
www.loveandkindnessproject.org

The **ABC's** of Kindness for Kids & Adults

Get a glass of water for a family member!
Help with chores! (Even if it's not your turn!)
In vite the new kid in class over!
Jump in & ask everyone to play!
Kindly check in on someone who is ill!
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Kids aren't born Kind!!

 They learn to be kind from adults...
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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!

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

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