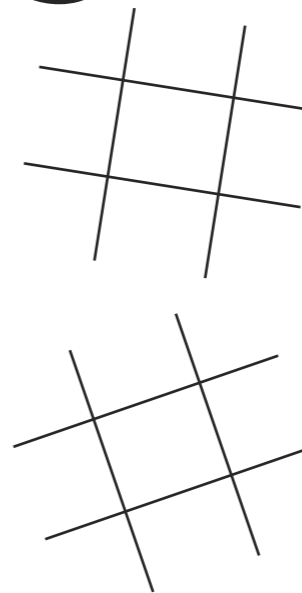


**Kindness Bingo**

How many of the following ways can you find to be kind?

Give someone a compliment.	Use your manners. Say please and thank you.	Ask someone about their day.
Give a friend or family member a hug.	Clean up after yourself.	Make someone laugh.
Sit with someone new at lunch or recess.	Smile at someone.	Help someone with their work.

# KINDNESS



**Word Search**

w t a f h g m c t b i  
 a g u r m t d a y m b  
 r e i i y n x r f q c  
 m o e e c j t i r q u  
 h b w n l j i n c r v  
 e c f d b g m g s d z  
 a v l l k o u z n w r  
 r n h y i h a s f l w  
 t e g e n e r o u s m  
 e a y t d f e i u b t  
 d t h o u g h t f u l

**Kind Words**

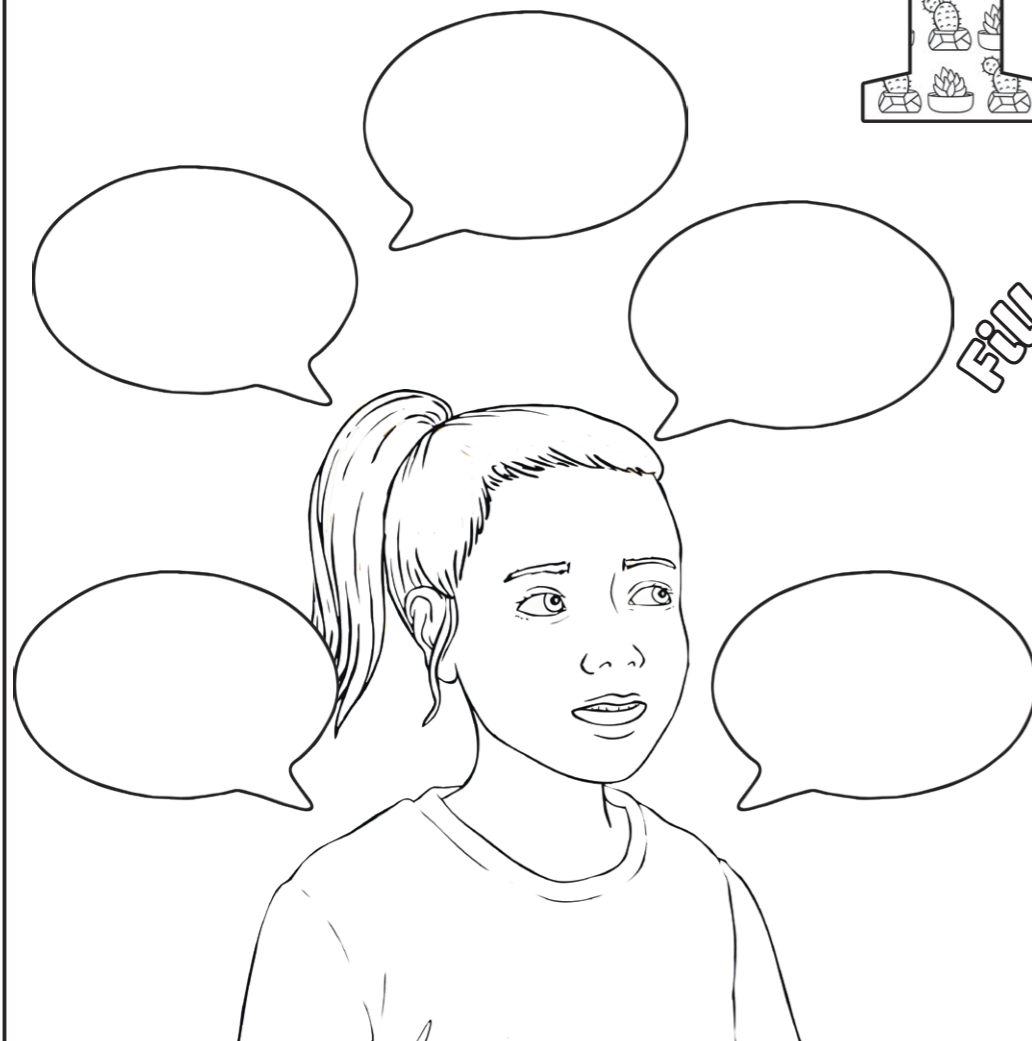
What are some kind words you could say to yourself or someone else? Record your ideas in the speech bubbles.



generous      kind      thoughtful  
 friendly      warm-hearted      caring

**How Can You Be Kind To Yourself?**

Have you ever thought about how you can be kind to yourself? Use the hearts below to record some of your own ideas.



*Fill a Cup with Kindness*  
 Draw a picture of how you can fill someone's cup with kindness.

