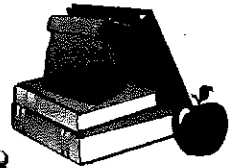


Kindness

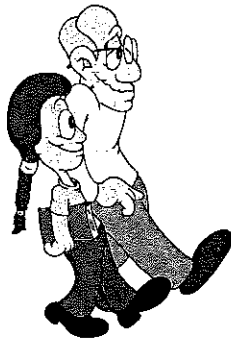


What Is Kindness?

Kindness is showing you care, doing some good to make life better for others. It is being thoughtful about people's needs. Kindness is showing love and compassion to someone who is sad or needs your help. Kindness is treating yourself and others gently. It is caring about the earth and all living things.

Why Practice It?

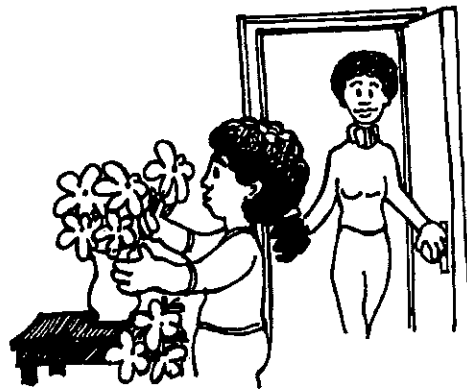
Without kindness, no one would listen when people or animals need help. Everyone would be looking out for himself. The world is lonely without kindness. When someone reaches out to another in an act of kindness, it helps them both. People's lack of kindness to the earth damages the air, water and the land. This causes people and animals to suffer, too. Being kind allows us to feel connected to everything and everyone.



How Do You Practice It?

You practice kindness by noticing when someone or something needs care. Become sensitive to the world around you. Use your imagination to think of things that give others happiness. Find out what habits harm the earth and choose kinder ways to live. When you are tempted to be cruel, to criticize or tease, decide not to do it. Speak kindly instead. Greet people kindly. Take good care of your pets.

The Virtues Project



What would Kindness look like if...

- A new student comes into your class and looks lonely?
- You start teasing your brother and he is getting upset?
- Some kids you have been playing with start teasing a boy with big ears?
- Your cat has some burrs in her fur?
- Your mother seems tired lately?
- You see someone in a wheel chair coming toward you?

Signs of Success

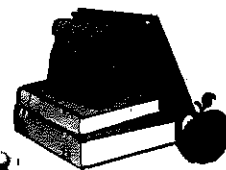
Congratulations! You are practicing Kindness when you...

- Give tender attention to someone who is sad or needs help
- Do things to give others happiness
- Practice habits that help the environment (reduce, re-use, recycle)
- Resist the temptation to be cruel
- Accept people who are different

Affirmation

I am kind. I look for ways to help others. I show kindness to any person or animal I see. I do all I can to take care of the earth.

Activities with Kindness



Environmental Kindness

Choose an improvement project such as picking up trash and do it as a field trip.



Virtues Reflection Questions

- ❑ What do most people do when they see someone with a disability or who looks different?
- ❑ How does it feel to be ignored, teased, etc.?
- ❑ What would be a kind way to treat someone who is disabled?
- ❑ Name three ways we can be kind to animals.
- ❑ Think of someone who needs your kindness today. What can you do to be kind?
- ❑ What would you say or do if someone is not being kind to you?
- ❑ How have you shown kindness to people or animals?



Drawing Kindness

Draw a picture of yourself being kind to a person or an animal.

Make a poster with examples of Recycling, Reusing, Reducing, e.g. Reducing: just turning off the tap while we brush our teeth can save lots of water.



Poster Points

- ❑ Kind eyes.
- ❑ Kind smile.
- ❑ Kind words.
- ❑ Kind deeds.
- ❑ Be Kind to Mankind.



Quotable Quotes

"When you plant a lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer or more water or less sun. You never blame the lettuce. Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce."
Thich Nhat Hanh

*"That best portion of a good man's life
His little, nameless, unremembered acts
of kindness and of love."* W.W. Wordsworth

"The last, best fruit which comes to perfection, even in the kindest soul, is tenderness toward the hard, forbearance toward the unforbearing, warmth of heart toward the cold..." Richter

"Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting." Mother Teresa

"There is a grace of kind listening as well as a grace of kind speaking." Anonymous

"If someone listens or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."

Loretta Girzatis