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Easy Ways to Be Kind

It's important to not be mean to anyone, and you can easily do this by deciding to never tease, hurt, spread rumors, call someone names, laugh at someone, or leave someone out on purpose.

It's even better to actually **BE KIND** to someone. Everyone needs someone to be kind to them, especially if they don't have a lot of friends. Even if someone is not really your close friend, there are lots of easy ways you can be kind to them. See how many of these you can do, and see how many different people you can do them for (not just your close friends):

- share your toys
- share your lunch
- include someone in a game
- invite someone to a party
- invite someone over to play
- ask someone who is by themselves to join your fun
- smile at them
- say hi
- ask someone who seems sad if you can help
- say goodbye to someone at the end of the day or as they get off the bus
- introduce yourself to the new kid in your class
- say thank you
- offer to listen to someone
- say something nice to them
- invite them to a sleepover
- sit beside them
- give someone a friendship bracelet
- don't repeat a rumor or gossip
- stick up for someone if people are talking behind their back
- don't laugh if they make a mistake
- make a card for someone
- give someone a compliment about what they are doing
- speak calmly and kindly if you disagree with someone
- tell someone what you like about them
- if you see someone else being kind tell them they did a nice thing

See if you can come up with some of your own ideas that aren't on this list. You can ask your parents, your teacher, or your friends for suggestions.