



**BE KIND**

**A KINDNESS ACTIVITY**



# WAYS I CAN SHOW KINDNESS

Colour in at least 4 squares to show kindness. You can add your own kind acts in the blank squares too!

Invite  
someone to  
play with you  
or sit with you

Offer to help  
someone

Say  
something  
nice to  
someone

Do something  
for your  
neighbour

(ask for help  
from your  
parent)

Tell someone  
why they are  
special to you