

FOCUS  
MINDFULNESS  
CONCENTRATION  
IMPULSE CONTROL  
PRESENT MOMENT  
EMPATHY  
AWARENESS  
SELF-COMPASSION  
GRATITUDE  
PURPOSE  
CALM  
BREATHING  
DE-STRESS  
RESILIENCE  
INTERPERSONAL RELATIONS  
SELF-COMPASSION  
FOCUS  
CURIOSITY  
NON-REACTIVITY  
IMPULSE CONTROL  
CONCENTRATION  
IMPULSE CONTROL  
FRIENDSHIP  
CALM  
GENTLE  
FUN  
INTERPERSONAL RELATIONS  
PURPOSE  
KINDNESS  
CARE  
EMPATHY  
ATTENTION  
CARE  
FRIENDSHIP  
PRESENT MOMENT  
COMPASSION  
SELF-COMPASSION  
GRATITUDE  
PURPOSE  
CALM  
ATTENTION  
INTERESTING  
RELAXATION  
CARE  
EMPATHY

Choose Kindness...

# What might kindness look like?



A smile

Speaking  
positively

Please/ Thank you

Listening

Supporting

Sharing

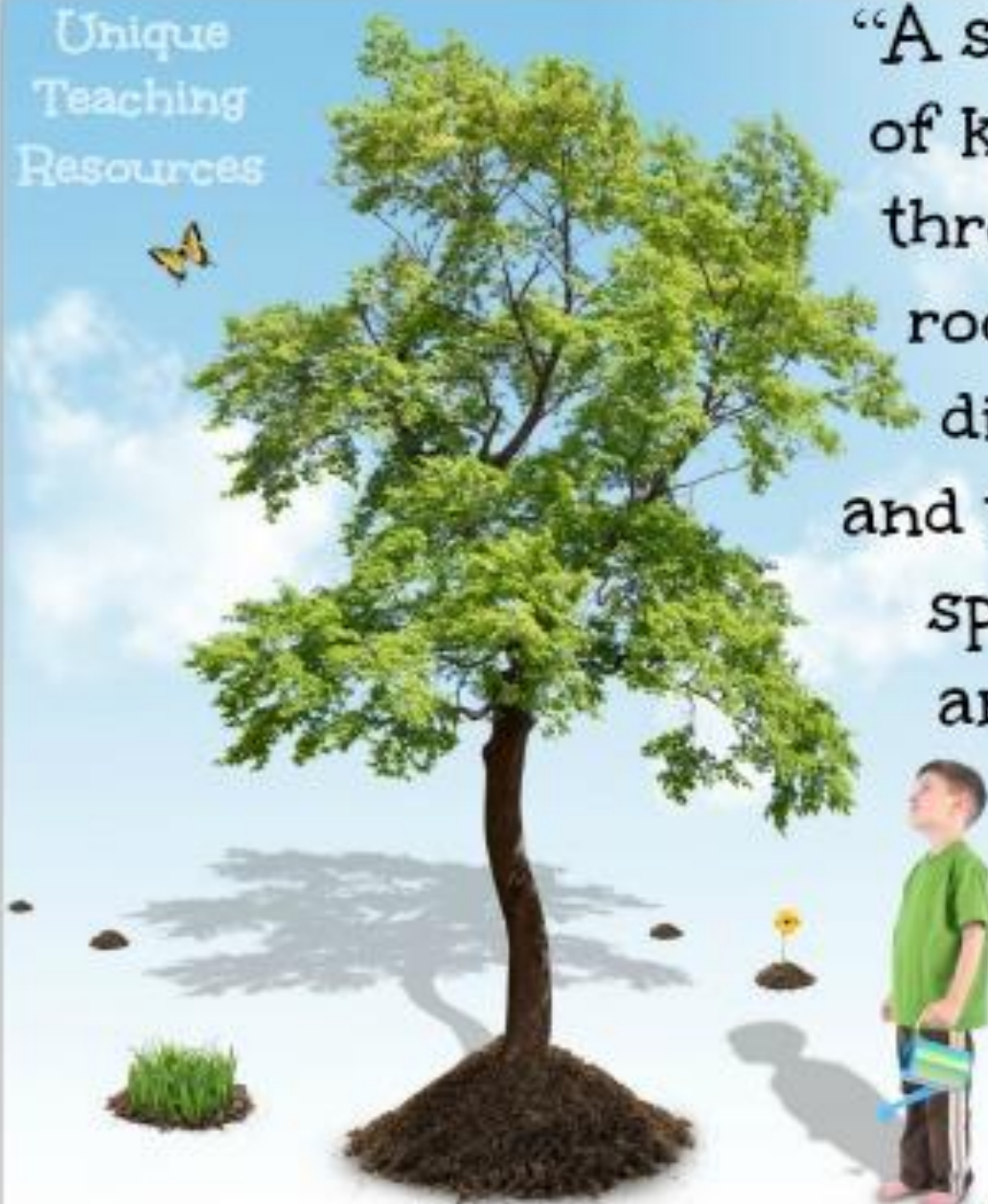
Caring

Waving

Encouraging



Unique  
Teaching  
Resources



“A single act  
of kindness  
throws out  
roots in all  
directions,  
and the roots  
spring up  
and make  
new  
trees.”

~ Amelia  
Earhart







Support

Growth

Progress

Friendship

Cohesion

Unity

Togetherness

Team

Family



What can you do...



Today?

This  
weekend?

Next  
week?

To be kind?