kindness

Kindness means showing you care and support others, even people you may not know. Being kind can be as simple as saying hello to someone you pass, or asking if someone needs help. As you set out on your day, let Toni's **Kindness Pocket Power** remind you to greet the world with a smile!

showing kindness

Kindness often means being friendly or going out of your way to help others, but there are many ways to be kind (even if you are a little quiet, like Toni the Bunny). Here are some ways you can show kindness:

Ask someone to join in what you are doing.

Hold the door open for someone.

Let someone pass before you.

Say please and thank you — with a smile.

Give someone a gift when they are least expecting it.

Offer to carry something for someone when they have a heavy load.

Respect other's opinions, even if they are different from your own.

Try to understand things from someone else's perspective — put yourself in their shoes.

Always try to think of others — you never know who may need your help the most.

how will you be kind?

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Be nice to others, smile, & say hello!

POCKET POWER
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Toni the Bunny