

BE KIND

There are countless ways to be kind.
Here are a few we can all do every day.



Smile!

Be quiet
when other
people are
working.

Let
someone
finish talking
before
speaking.

Tidy away
your things.

Tell someone
something
nice you
notice about
them.

Help
someone
who is
lost.

Say sorry
when you've
done
something
that has hurt
someone.

Talk to
someone
who is
lonely.

Say thank
you when
someone
does
something
for you.

Say please
when you
ask for
something.



THE
HAPPIER
SCHOOLS
PROJECT

EMOTICONS
FOR A
SMILEY
WORLD®



STOP! FEED YOUR EARS

Active listening is a skill we can use to improve our understanding of people and help us communicate better and have deeper relationships.

Active listening means you:



STOP your thoughts



Focus on what is being said



Engage your eyes with the person speaking



Empathise with their emotions and imagine what they're saying



Don't interrupt - wait until they are finished



Encourage them to keep talking



Ask relevant questions



Repeat or **S**ummarise key points to make sure you have understood

