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# What is Kindness

Kindness is the heart of friendship and understanding.

## DEFINITION

Kindness means being friendly, generous, and considerate to others. It involves showing care and compassion in our actions and words.

## KEY CONCEPTS

### Empathy

Understanding and sharing the feelings of others helps us be kinder.

### Respect

Treating others with respect is a key part of being kind.

### Forgiveness

Letting go of anger and forgiving others is an important act of kindness.

### Acts of Kindness

Small actions, like helping someone or sharing, can make a big difference.

### Gratitude

Being thankful can inspire us to be kinder to those around us.

## EXAMPLES

- Helping a friend with homework.
- Sharing your toys with others.
- Complimenting someone to make them smile.

## MEMORY TIPS

- ★ Remember 'KIND' - Keep It Nice and Delightful.
- ★ Think of the phrase 'Kindness is contagious' to inspire more acts.
- ★ Use the acronym CARE - Compassion, Attention, Respect, Empathy.

## COMMON MISTAKES

- ✗ Thinking kindness is only about big gestures.
- ✗ Forgetting to be kind to oneself.
- ✗ Assuming everyone knows how to show kindness.

## QUICK RECAP

Kindness is about being friendly and considerate to others. It includes empathy, respect, and small acts that can brighten someone's day. Remember, kindness can be shown in many simple ways.