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What is Kindness

Kindness: The Power of Caring Actions

DEFINITION

> Kindness is being friendly, generous, and considerate to others. It involves showing compassion and helping those in need.

KEY CONCEPTS

Empathy

Understanding and sharing the feelings of others, which helps us connect.

Compassion

A strong desire to help those who are suffering or in need.

Generosity

Willingness to give time, resources, or support without expecting anything in return.

Respect

Treating others with dignity and valuing their feelings and opinions.

Acts of Kindness

Simple actions like sharing, helping, or complimenting that spread positivity.

EXAMPLES

→ Helping a friend with homework.

→ Sharing toys with siblings.

→ Complimenting a classmate on their work.

MEMORY TIPS

★ Think of the word 'KIND' as 'Keep Inspiring Nice Deeds.'

★ Remember 'K' for Kindness, 'C' for Caring.

★ Visualize a heart to remind you to be kind.

COMMON MISTAKES

✗ Thinking kindness is only about big gestures.

✗ Forgetting to be kind to oneself.

✗ Assuming kindness is always easy.

QUICK RECAP

Kindness is about being friendly and helping others. It includes empathy, compassion, and respect. Remember to practice small acts of kindness every day!