

# K I N D

Tell a teacher you appreciate him/her.	Sincerely compliment a peer, on a character trait, not their appearance.	Sit with someone new at lunch.	Say Hi to someone you don't usually talk to
Pick up something a classmate has dropped	Help someone whose arms are full carry their stuff	Thank a custodian for taking care of the school	Share a snack with someone who doesn't have one
Cheer up someone who is having a bad day	Put your neighbor's trash can away for them after trash is picked up	Pick up litter and throw it away	Let someone borrow a pencil or pen
When you hear others gossiping, stand up for the person	Hold the door open for people behind you. Smile as they pass by	Be kind to yourself and do something you enjoy	Say thank you to your caregiver for all that they do for you
Smile and tell each of your teachers to have a good day as you leave class	Offer to clean up the table after dinner	Write someone an encouraging note	Put away your electronics and sit down and talk with your family