Finding Ways To Be Kind

Hurtful (or even bullying) behavior can cause others to be harmed, humiliated, or intimidated. Finding ways to be kind is important, and can happen in a variety of ways.

Hidden below are examples of things we can do to spread kindness. The phrases may be up, down, diagonal, or backwards. Look for kindness, and see what you can find!

Can you think of more examples of kind behavior?

Your words and actions make a difference, so keep finding ways to be kind!
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