

How can we show respect and kindness?

We can show respect and be kind in many different ways. We can show respect to our community, the people we love, and ourselves.

Here's how to do this activity:

1. Print this page out. You can print out more for your friends too!
2. In each circle write a few ways how you show respect and be kind. In the blue one write how to show respect and kindness to the community, in the red one to your household, and write how you can show kindness to yourself in the green circle.
3. You can use the "Ways to be kind" word box for some ideas for what to write.

Thank you for being kind and respectful!

COMMUNITY



MY HOUSEHOLD



SELF



Ways to be kind:

- Bake treats for your neighbours
- Help your parents with chores
- Be brave
- Cheer up a friend
- Eat Healthy
- Pick up litter
- Write a thank you note
- Help someone older to you in your community
- Try something new
- Tell someone how much you appreciate them