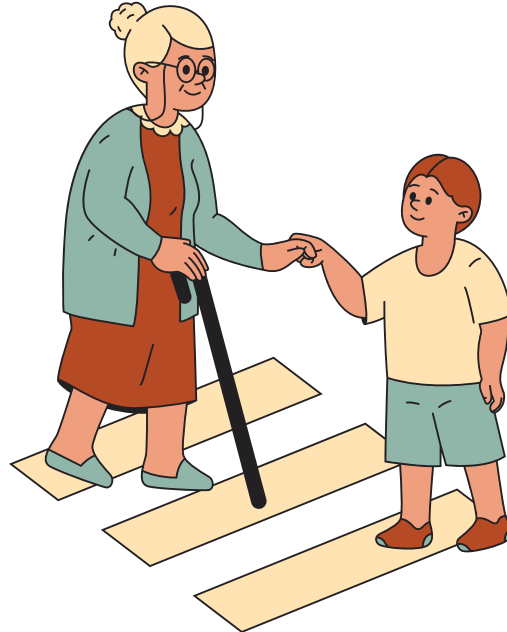# All About Kindness

⭐⭐⭐⭐⭐

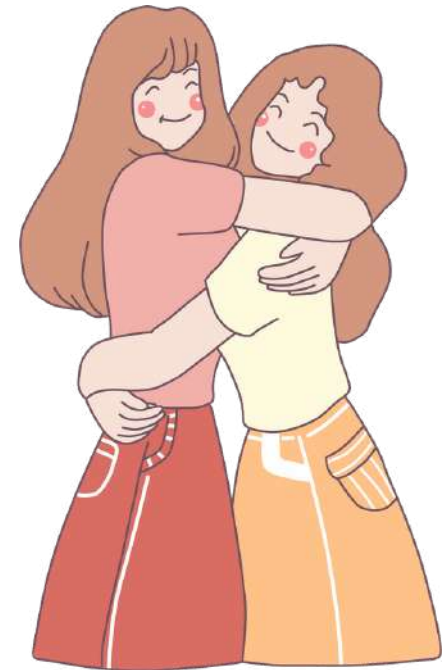# What is Kindness?

Kindness is:

Being friendly

Looking after older people

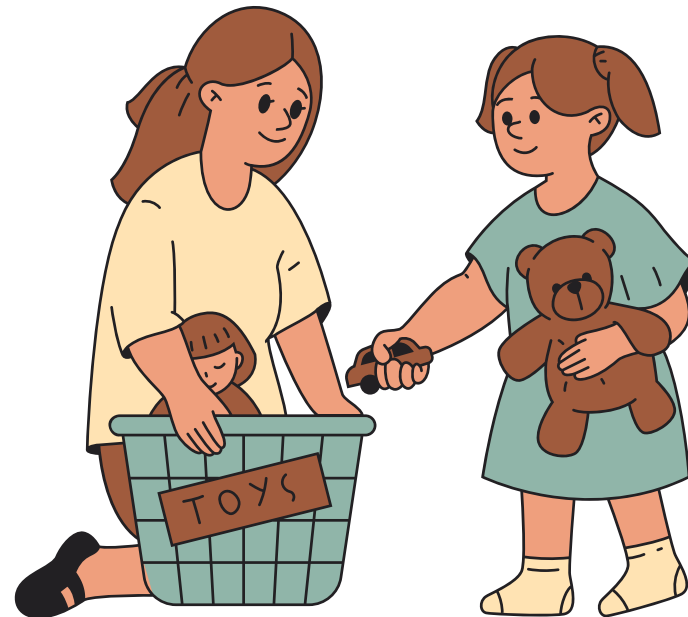**Helping other people**

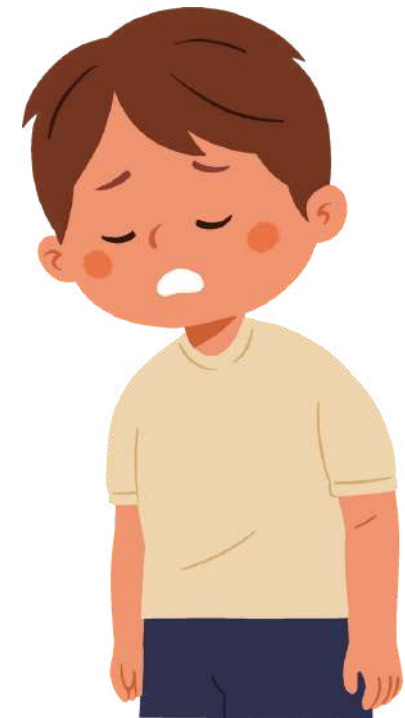**Being nice to others**

How could you show Kindness?

Smile at people

Volunteer to help people

If somebody is upset, ask them if they are okay

TOYS

How could you show Kindness?

Help somebody if they fall over

Say hello and wave to people

Give people a hug (if they want to)

What can you do?

Tell a friend how to be kind

Why is it good to be kind?

It makes people
feel happy

It stops people
feeling upset

It helps to
make friends

Think about it...

How you been kind today?

Have you helped somebody?

What else have you done?

World Kindness Day

Every year 13th November is World Kindness Day

It is celebrated all around the world and the day celebrates kindness.