



KINDNESS

IS A
SUPERPOWER

by Mari Schuh

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Words in **bold** are in the glossary.

Kindness Matters

Think of a time when someone was kind to you. What did they do? How did it make you feel?

We can be kind in the way we think, feel, and act. Kind people care how others are feeling. They try to help them so they feel good. When people are kind, they are caring and helpful. They share with others.



Kindness is a **superpower**. Why? It makes other people happy. Being kind can make you happy too. Kindness helps people in big ways. When people are kind, they help others feel **valued**. Then more people want to be kind to others. Kindness spreads!





Sometimes people forget to be kind. Maybe they are in a hurry. They could be sick or tired. Maybe they are having a bad day.

When people are not kind, they do not think about how others feel. They might think only about themselves. This can make people around them sad, mad, or **nervous**.



Kindness at Home

You can be kind at home in many ways. Did your sister have a bad day? Give her a hug. Is your brother teasing you? Do not get upset. Speak kindly to him.



When it's time to watch TV, let others pick the show. Help others get ready for a meal. At dinner, pour a glass of water for someone.

