

THE POWER OF POSITIVITY

THE POWER OF KINDNESS



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CHAPTER 1

WHAT KINDNESS LOOKS LIKE

Have you ever helped a friend? Has someone helped you or shared something with you? These are examples of kindness.



You can practice kindness every day.
You can smile at a neighbor. You can
give someone a **compliment** like,
"You are a good friend."



You can also show your **community** kindness. How? You can collect food and **donate** it to people in need. You can also pick up trash. This is kind to your community and the planet.

Have you ever told yourself you can do something that seems hard? That's being kind to yourself!





CHAPTER 2

THE BENEFITS OF KINDNESS

When you are kind to others,
it makes them feel good.
It also helps you feel
connected to them.



An elderly man with glasses and a straw hat is smiling as he helps a young girl plant a small tree. The girl is wearing a yellow checkered shirt and blue overalls. They are surrounded by various potted plants, including a large tree in a black pot and several small pots on a table. A large orange speech bubble contains text about kindness. A large red watermark 'For Review' is diagonally across the image.

Kindness can make
people's lives better.
It helps communities
and the world, too.
Practicing kindness
is also good for your
mind and body!