Kindness is a key ingredient that enhances positivity and helps us feel good about ourselves as it increases serotonin levels. Children with a positive outlook have greater attention spans, more willingness to learn, and better creative thinking to improve results at school. Kindness improves morale, self-esteem, happiness and well-being. Showing kindness is a win for you and others, it creates happiness!
HOW CAN YOU SHOW KINDNESS

12 Ways to Show Kindness

- Just listen to a friend
- Write someone a kind note
- Invite someone to join you
- Forgive someone for a mistake
- Let someone else go first
- Give someone a high-five
- Work with someone new
- Help clean up
- Help someone having a tough day
- Hold the door open for others
- Do an extra chore
- Spend time with a friend

Kindness is the sunshine in which value grows.
Helpfulness: Giving help to others.
I can SPRINKLE Kindness by...

- use kind words
- include others on the yard
- use good manners
- smile
- be honest
- be trustworthy
- respect others at all times
- listen to others
- share with others
Random Acts of Kindness Day
February 17th
Together we can change the world, just one random act of kindness at a time.

KEM KREST
Customer Focused. Solutions Driven.

IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND.

MAYA ANGELOU SAID
‘Try to be a rainbow in someone’s cloud.’