

# What Does It Mean to Be Kind?



**Does it mean helping others just to be noticed?**

**No.**



**Does it mean giving gifts expecting something in return?**

**No.**

**Does it mean mistreating others when you don't like something?**

**No.**

## Being kind means...



**...smiling at the new student in the class.**

**...giving someone a compliment.**



**...holding the door open for someone else.**



**...sticking up for someone who is being bullied.**

**...seeing the best in people, even when they are struggling to be their best.**



**...forgiving someone who has hurt you.**

**...helping an injured or lost animal.**

**...being patient, even when you are in a hurry.**



**...saying**

**“please,” “thank you,” “you're welcome,” and “I'm sorry.”**



**...celebrating differences in others.**

**...encouraging someone who needs support.**



**...picking up trash that isn't yours.**

**...allowing yourself to make mistakes and learn from them.**

**...noticing when someone is sad and taking the time to understand why.**



**...caring for those less fortunate than you are.**



**Being kind means having the courage  
to treat others the way  
you like to be treated.**



**So, show your friends what it means to be kind.**

**And spread the word...**

**If we can all be kind to each other and to ourselves,  
our world will be more loving, caring, and harmonious.**



**Rana DiOrio; Stéphane Jorisch (ill.)  
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(Adapted)**