

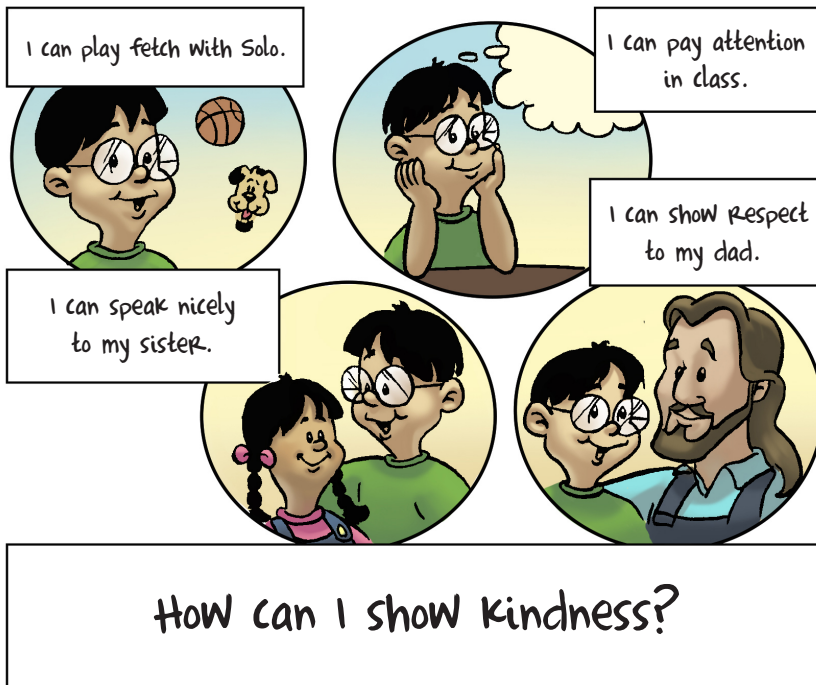
# A LITTLE BIT OF KINDNESS

If you see a friend who is feeling sad or discouraged, look for a way you can help. Maybe you cannot solve the problem yourself, but you can always bring encouragement and friendship, and that can help your friend feel happier.

Even if you are small, you are never too little to make a difference through kindness.



It is easy to think about the things you like and want, but it takes effort to stop and think about what you could do for someone else instead. Thinking about others and what you can do to bring cheer and show you care is the first step toward showing kindness.



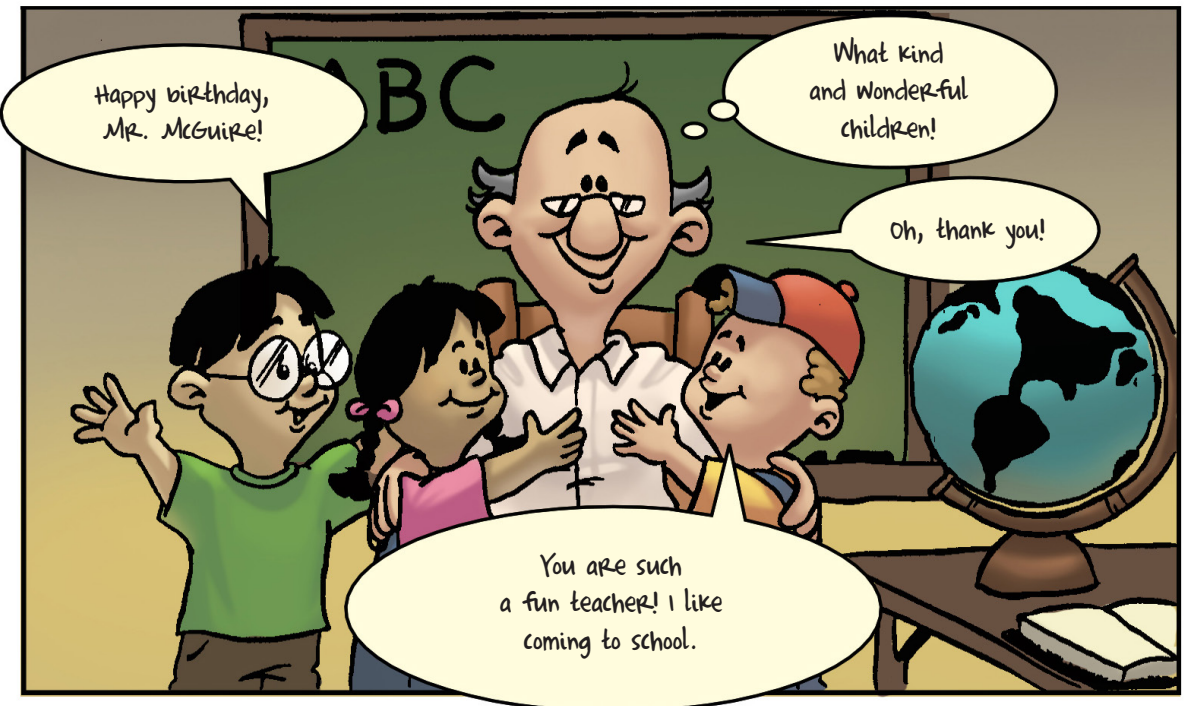
Showing kindness doesn't have to be anything grand or amazing. Simple acts of kindness and thoughtful words are ways you show others you care. In fact, there are many ways that you can spread kindness throughout the day.

Here are a few ideas to get you started:

- Pick up your toys and tidy up after you play.
- Thank your parents for the things they do for you.
- Be generous and share your toys with a friend.
- Care diligently for your pet.
- Take good care of the things you are given or use.

Remember the “golden rule” to do to others as you would want them to do to you,<sup>1</sup> and that can help motivate you to let kindness guide your actions. If you like it when others are kind to you, be kind to others. If you like it when others help you, be the first to help someone else. If kind words make your heart happy, remember that you can be the source of happiness to someone else through your kind words too.

Kindness is like happiness that bubbles up from your heart. It's something you want to share with others so they can feel the same joy that you do.



<sup>1</sup> Matthew 7:12