



# KINDNESS

## *Pass it on!*

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Give a flower    **Eat lunch with someone new**  
Listen with your heart    Visit a sick friend  
Clean a neighbor's walk    **Offer a hug**  
**Give an unexpected gift**    Make a new friend  
*Pick up litter*    **Say "hello"**    Call a lonely student  
Open a Door    *Help carry a load*    **Plant a tree**  
Pass a kindness on    **Share a snack**  
Cheer up a friend    Thank a Teacher    Lend a hand  
Read to a young child    **Do a kind act daily**  
**Leave a thank you note**    Offer your seat  
**Cycle courteously**    **BE TOLERANT**    *Let another go first*  
**Bake cookies for firefighters**    **Give a compliment**  
*Help a student make friends*    **Assist an adult**  
*Give a balloon away*    **Lend a classmate a pencil**  
*Celebrate something every day*    *Encourage a friend*  
*Respect others*    **Walk a dog**    **Do a favor**  
*Forgive mistakes*    **Smile at someone new**

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#beSOkind