

# A Kinder Me

How can you be kinder - have a think of ways you can be kinder at home, at school and in the community.

List some little acts of kindness you can do - you could keep a kindness diary or a tally of the acts you do - remember to feel proud of the acts of kindness you do and enjoy how happy they make others.

*	
*	
*	
*	
*	
*	
*	
*	
*	
*	
