

The ABCs of Kindness

- A – Apologize
- B – Bring a surprise for someone.
- C – Compliment others
- D – Donate things you no longer use.
- E – Encourage others
- F – Fix something that's broken.
- G – Give high fives
- H – Hug someone (Make sure to ask!)
- I – Invite Someone to play or join in.
- J – Just smile
- K – Keep a positive attitude.
- L – Listen
- M – Mail a card to a friend.
- N – Notice others
- O – Offer to help someone.
- P – Pay it forward.
- Q – Quickly be an upstander when needed.
- R – Release grudges
- S – Share with others
- T – Thank others
- U – Use good manners
- V – Volunteer your time
- W – Write a nice note to someone.
- X – Be eXcited for others.
- Y – Yearn to make others smile.
- Z – Zap negative comments by others and replace them with positive ones.



The ABCs of Kindness

A – Apologize

Apologize to others when you make a mistake or do/say something to hurt that person's feelings. Take responsibility for the part you played in a disagreement.

B – Bring a surprise for someone.

When you surprise someone with a special treat or gift, your kindness will make that person's day!

C – Compliment others

Giving someone a genuine compliment is a great way to show kindness.

D – Donate things you no longer use.

As you get older, you'll discover some things you no longer use or need like clothing and toys. It's super kind to donate those things to people or to organizations who collect those things for others.

E – Encourage others

Just like you need encouragement, sometimes your friends and family need it too. Give encouragement to others who are nervous or worried about something. If you know someone who feels frustrated because something is difficult or taking too long to happen, encourage them to never give up.

F – Fix something that's broken.

If you see something that is easy to fix, do it. You may be walking down the hallway at school and see a picture that has fallen from a display clip. Take a moment, pick it up, and replace it or give it to the class or teacher it belongs to.

G – Give high fives

You can give high fives when you are encouraging someone or when you are saying "good job" for something they've accomplished. It will make that person feel good, and that's kind!

H – Hug someone (Make sure to ask!)

If you see someone who's down and needs some cheering up, or if you see someone and want them to know you're so glad to see him or her, ask if it's okay to give a hug!

I – Invite Someone to play or join in.

It's always kind to include others. If you see someone who doesn't seem to have anyone to hang out with at lunch or recess, invite them to join you or your group of friends. That kind deed will mean a lot!

J – Just smile

Sometimes just a nice and sincere smile can make all the difference for someone else. Take the time to just smile at someone. Hopefully, you will brighten that person's day!

K – Keep a positive attitude.

Staying positive is a way of being kind. No one wants to hear negativity all the time!

L – Listen

A listening ear can mean the world to someone who just needs to talk about a problem. Put all of your attention and focus on someone else and see how much your kindness will be appreciated!

The ABCs of Kindness

M – Mail a card to a friend.

Imagine getting a nice card in the mail from a good friend. It is so nice to be thought about.

N – Notice others

This act of kindness is really great when you have a new student in your class or if you see someone playing alone at recess.

O – Offer to help someone.

You can show kindness by helping someone. It's kind to help anyone who asks for your help, and it's extra special when you offer to help someone who doesn't ask.

P – Pay it forward.

When someone does something kind for you and you repeat that same kind deed for someone else, that is paying it forward.

Q – Quickly be an upstander when needed.

When someone is being picked on and you quickly put on your upstander cape, you are showing kindness. Stand up for someone who is being bullied and stop bullies in their tracks!

R – Release grudges

When you forgive and let go of anger, that is an act of kindness not only for the person you forgave but also for yourself.

S – Share with others

It's always kind to share what you have with others. It could be cookies or your favorite game!

T – Thank others

It's always important to say thank you if someone does something for you or if someone says something really nice to you.

U – Use good manners

You will always hit the kindness nail on the head when you are using your good manners.

V – Volunteer your time

It is always nice to help others, and volunteering your time is 100% an act of kindness.

W – Write a nice note to someone.

Tell a teacher how awesome he is or cheer up a friend when she's down.

X – Be eXcited for others.

We had to stretch it for the X! 😊 When someone has good news and you are genuinely excited for them, that's kindness.

Y – Yearn to make others smile.

When you bring happiness to others in whatever way, shape, or form, you are being kind.

Z – Zap negative comments by others and replace them with positive ones.

Help others stay positive with your own words and actions. Helping others find a silver lining is a way of showing kindness.



Enjoy using this FREEBIE! Thanks for checking it out! You have permission to enlarge it if desired..



Click the links below and follow me today!



Teachers Pay Teachers



Instagram

© Savvy School Counselor
Permission to copy for single counselor use only.