When someone is kind to me I feel:

|  |  |
| --- | --- |
| Happy | Connected |
| Good | Loved |
| Nice | Special |
| Safe | Content |
| Joyful | Warm |
| Included | Empowered |
| Proud | Satisfied |
| Excited | Positive |
| Valued | grateful |
| Respected | confident |
| Important | strong |
| Clever | Motivated |
| Wanted | Peaceful |
| Appreciated | Noticed / seen |
| Elated | Considered |
| Thankful | Inspired |
| Amazing | Liked |
| honoured | cherished |
| Wonderful | Satisfied |

Choose **KINDNESS**

*Let’s be kind to each other.*

*‘Lead the way and make someone smile today.’*