



Be Kind Belize
Kindness Worksheet

Name 3 ways you can be kind to yourself.

- 1.
- 2.
- 3.

Name 3 things you can do to be kind to your friends.

- 1.
- 2.
- 3.

Name 3 things you can do to be kind to your family.

- 1.
- 2.
- 3.

Name 3 things that you can do to be kind to your community

- 1.
- 2.
- 3.

Name 3 things that you can do to be kind to the environment

1.

2.

3.

Name 3 things that you can do to be kind to animals

1.

2.

3.

How would YOU define kindness? Please write below.

Kindness is -