

## Kindness

### Character Skills

- Caring

### SEL Skills

- Self-awareness
- Social awareness
- Relationship skills

### Academic Skills

- Critical thinking

### Quotation

“Kindness, like a boomerang, always returns.”

– Author unknown

### Discussion Questions

- What is kindness? What are some ways you can show kindness?
- Why is kindness important?
- Have you experienced a "kindness boomerang"? Share your experience with the class.
- How is kindness contagious?

## Definitions

### Caring

- Be kind
- Express gratitude
- Be compassionate
- Forgive others

### Self-Awareness

Identify and understand emotions, values, attitudes, motivations, mindsets, and personal attributes

### Social Awareness

Assess the feelings of others and be sensitive to the feelings and needs of others

### Relationship Skills

Create positive relationships and meaningful conversations with family members, classmates, and teachers

### Critical Thinking

Acquire, remember, understand, and apply knowledge

# exercising YOUR CHARACTER™

These materials are presented by:



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