“We are all unique, and have our own special place in the puzzle of the universe.”

-Rod Williams
Use your smile to change the world, don’t let the world change your smile!

Before you speak....

Think!

T – is it true?
H – is it helpful?
I – is it inspiring?
N – is it necessary?
K – is it kind?
Complete the acrostic poem using the letters of “kindness” to come up with a kindness word for each letter.

K is for ________________________________________________

I is for ________________________________________________

N is for ________________________________________________

D is for ________________________________________________

N is for ________________________________________________

E is for ________________________________________________

S is for ________________________________________________

S is for ________________________________________________

1. Color your heart. Next, cut it out.
2. Has anyone ever said something to you that hurt your heart? Write those words down on the heart.
3. Now, crumple the heart.
4. Un-crumple the heart and smooth it out as much as possible.

What do notice about the heart? Does it look the same as it did before you crumpled it? No matter how hard you try, it is never going to be the same as it was before it got crumpled. It’s just the same with our own hearts.