



The Virtues Project

KINDNESS

Kindness is showing you care, doing some good to make life better for others. Be thoughtful about people's needs. Show love and compassion to someone who is sad or needs your help. When you are tempted to be cruel, to criticize or tease, decide to be kind instead.

You are practicing kindness when you ...

Give tender attention to those who need help
Do thoughtful things to give others happiness
Practice habits that help the environment
Resist the temptation to be cruel
Accept people who are different

Affirmation

I am kind. I show compassion to others. I have the courage to show I care.