## KINDNESS FOR RELATIONSHIPS WEEK

There is a Japanese saying which says that one kind word can warm three winters. Being kind to others and to yourself are great ways to live a full and happy life and make a difference in the world. Kind acts don't have to be big. Sometimes a smile or saying hello are kind acts which bring warmth to others that they are grateful for.

This week make a Kindness Wall in your classroom for your class to write down or draw kind things they did for others or kind things others did for them. Make a Kindness Wall at home for your family to write down or draw kind things you did for others or they did for you this week.



This Week's Kind Gratitudes: This week write down or draw times you were kind to others or they were kind to you that you were grateful for.	