



# Kindness

Kindness is showing that you care about the feelings and the well-being of others.

Brigabears show kindness by...

- \*helping others when they need us
- \*showing we care about people and other living things
  - \*listening to others
- \*protecting and respecting the environment
- \*showing concern when someone is sad, lonely or hurt
  - \*practicing acts that make others feel happy
  - \*treating people fairly
- \*apologizing to others when we make a mistake
- \*forgiving others when they make a mistake

"There is no better exercise for your heart than reaching down and helping to lift someone up."

—Bernard Meltzer

NOVEMBER IS KINDNESS  
MONTH!