This super fun kindness catcher will provide ideas for being kind.

- **Respect**: Write a kind note to someone
- **Unity**: Offer to help someone
- **Support**: Be patient when others do things differently
- **Acceptance**: Smile and say hello to someone
- **Hope**: Be sure to say, “Thank you”
- **Inclusion**: Give a nice compliment
- **Friend**: Remember to say, “Please”
- **Kindness**: Ask, “How’s your day going?”

©2020, PACER Center | National Bullying Prevention Center is a program of PACER Center
8161 Normandale Blvd | Minneapolis, MN 55437 | 952.838.9000 | bullying411@pacer.org
PACER.org/bullying | PACERKidsAgainstBullying.org