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

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