RESPECTKINDNESSGENEROSITYTRUSTPATIENCEPEACETRUTH UNDERSTANDINGLOVEJOY

Acts of kindness

It is very important to be kind to ourselves and others. Think about the people you spend time with and what kind things you could do for them. Write down their names and an act of kindness that you could do for them, next to each name.

•				
				_
				_
•				_
				_

