

Practice Kindness Bookmark

Print this page.
Cut out the bookmark.
Fold in half.



WAYS TO BE KIND

- Share a smile.
- Be thoughtful.
- Give compliments.
- Use your manners.
- Volunteer.
- Share.
- Help somebody.
- Give hugs.
- Forgive somebody.
- Cheer the lonely.
- Say thank you.
- Be generous.
- Be a friend.
- Put your best self forward.



www.jirinasjourney.com

Jirina's Journey



Good things
happen
when you
practice
kindness!