Try something new today.

Invite a kid who seems lonely to play with you.

Be nice to someone who the others make fun of.

If you’re tempted to talk about someone in a way that isn’t nice, keep it to yourself.

If somebody falls, or drops something, or needs a helping hand, stop what you’re doing and help.

When your friends start arguing, encourage them to compromise.
Draw yourself as a superhero.

What powers do you have to stand up to bullies?

Fill up someone’s bucket with kindness. (How did it feel?)

If someone is not being treated fairly, stand up for them.

Go up and say “hi” to someone you don’t know.

Be friendly to someone who seems really different from you.

(If you’re not being treated fairly, stand up for yourself.)