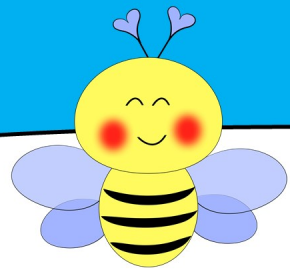
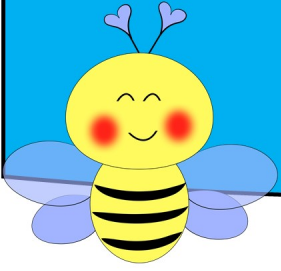


# A TO Z of KINDNESS



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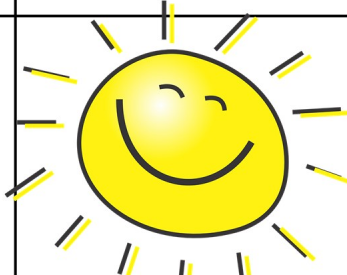
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# A TO Z OF KINDNESS

<b>A</b> ASK someone to play	<b>B</b> BE considerate	<b>C</b> COMPLIMENT someone	<b>D</b> DONATE a toy or book to a charity shop
<b>E</b> ENCOURAGE your friends	<b>F</b> FRIENDS need you to look out for them	<b>G</b> GIVE someone your biggest smile	<b>H</b> HUG a friend or family member
<b>I</b> INVITE someone to sit with you	<b>J</b> JOIN a charity and raise money	<b>K</b> KIND words always!	<b>L</b> LISTEN to your friends
<b>M</b> MANNERS remember yours!	<b>N</b> NOTICE how others are feeling	<b>O</b> OPEN your heart	<b>P</b> PRAISE someone
<b>Q</b> QUIET when the teacher is talking	<b>R</b> RING a family member	<b>S</b> STAND UP for your friends	<b>T</b> TELL a joke and make someone laugh
<b>U</b> USE your kinds hands	<b>V</b> VALUE your friends	<b>W</b> WRITE a thank you note	<b>X</b> EXCEL yourself with kindness
 elsa support www.elsa-support.co.uk	<b>Y</b> you can care and show empathy	<b>Z</b> ZERO meanness	

# A TO Z OF KINDNESS

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
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