

Name:

Date:

## *Being Kind and Being Special*

1. Write down what being kind means to you

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2. What does being special mean to you?

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3. Can you remember when someone was kind to you in the last week?

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4. Can you remember the last time you did something kind for someone else?

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5. How does it make you feel when someone isn't kind to you?

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6. Write down three things that make you special

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7. Do you think it's important to be unique?

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8. Write down something you could say to someone else that is kind and lets them know they are special and unique

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