



Full name:

WEEK 1

Kindness and Respect

Value Yourself and Value Each Other!

be kind

"You never know when anyone you meet is fighting a hard battle."

Kindness is looking out for ways to help other people. It is doing something for another person without the expectation of having it paid back to you.

Humans have a capacity for kindness. We don't have to like someone to be kind to them. We don't have to agree with them. We don't even have to know them.

One act of kindness could not only make someone's day better but their whole life!

Think about how good it makes YOU feel when someone is kind to you. Can you think of a time when someone showed kindness to you?

Who are some people you could be kind to? How could you do that?

If you were a Karate teacher, what are ways you could show kindness?

Is it possible to be kind AND stand up for yourself?

Kind Thoughts.

Kind Words.

Kind Actions.

