

7 WAYS TO BE KIND IN THE CLASSROOM



CARE

Care for yourself and for your peers

PRACTICE

Practice being kind every day while you learn



ASK

Ask an adult when you aren't sure how to help a friend or yourself



REFLECT

Reflect on the impact of your actions and words



RESPECT

Respect the feelings of others, even if they are different than your own



COMMUNICATE

Communicate by thoughtfully sharing and actively listening



EMPOWER

Empower those around you by being supportive, positive, and helpful

