

## I Can Show Kindness!

Let someone else go first.	Give a kind compliment.	Say "good morning!"	Say "hi" to someone.	Tell someone "thank you!"
Share with someone else.	Offer to help someone out.	Smile to someone to give you.	Give someone a high five.	Write a compliment list about yourself!
Ask someone how they are.	Work with someone new.	Hold the door open.	Do an extra chore.	Forgive someone for a mistake.
Share with a friend.	Write a kind note.	Help someone having a tough day.	Just listen to a friend.	

*Hi! I'm Ms. Davis,  
your Elementary  
School Social Worker.  
Thanks for stopping by  
my page. Please feel  
free to look around.  
Don't hesitate to reach  
out to me.*

# What's Your Zone!

Emotions

Breathing Song

Mindfulness

Calming Activities

Click  
here

