



THE KINDNESS CAMPAIGN

# AGENTS OF KINDNESS

Name: \_\_\_\_\_



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**The Kindness Campaign** is a way for children and youth to practise kindness in their day-to-day lives.

This book is for younger *Agents of Kindness* (children aged 6-10) and encourages them to develop habits of kindness that will put them in good stead through primary school and beyond.

Each month, Agents try to maintain a habit, as well as complete challenges in three areas:

- Kind to Self
- Kind to Others
- Kind to the Earth

Parents can support children's efforts at kindness by being aware of the monthly Kindness Habit; listening to and helping to refine or complete Kindness Challenge ideas; noticing when their child behaves in a kind way and encouraging them; mentioning kind acts they have seen in their daily life, etc.

You never know what impact a small act of kindness will have on someone.

Be kind!