



# Kindness



**Assertiveness**

Standing up for yourself and what you believe in while being respectful of others.

Feeling & showing concern for others.

**Caring**

**Compassion**

Being aware when others are sick, sad, or hurt & wanting help.

Treating people in a way that does not favor some over others.

**Fairness**

**Gratitude**

Being thankful for & appreciating what you have & those around you.

Assisting or serving in a kind way.

**Helpfulness**

**Integrity**

Acting in a way you know to be right & kind in all situations.

Keep trying when something is difficult; don't give up.

**Perseverance**

**Respect**

Treating people, places & things with kindness.

Being reliable to do the things that are expected or required of you.

**Responsibility**

**Self-Care**

Taking care of yourself through kind words, actions & thoughts.

Controlling what you do or say so you don't hurt yourself or others.

**Self-Discipline**