

Glue

Kindness is the best way to build relationships.

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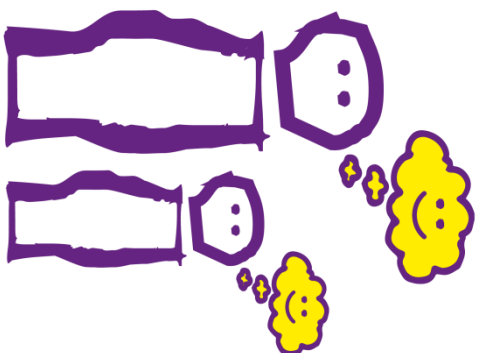


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### How to use your Kindness Box

Every time someone does something kind, thoughtful or helpful for you, something that makes you smile, jot it down on a scrap of paper and pop it in the box.

At the end of the week, with your family or friends, open the box and read through all the nice things other people have done for you. Think about how these acts of kindness made you feel. Think too about kind things you have done for others, what else could you do? How can you keep the ball rolling?



#PositiveRelationships

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@NCLBcheit

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..... made me smile by.....

.....spent time with me and I really enjoyed it.

..... helped me with.....

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### The Importance of Kindness

Connecting with friends and engaging with community activities can make a huge difference to children, especially those who have experienced adversity.

Being that trusted adult for a child can help them to build **resilience**, making them better able to cope with change and challenges in their lives.

To find out more go to [actionaces.org](http://actionaces.org)

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