

Kindness



We are kind to ourselves and those around us.

Values

Roots

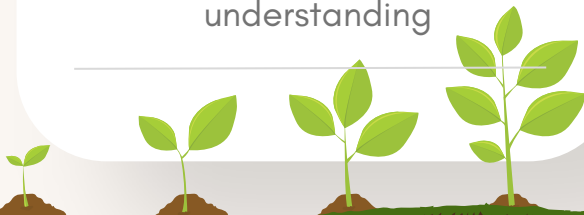
We are friendly to everyone

We build positive relationships

We are generous

We always think about how others are feeling

We show compassion and understanding



Understanding

Stems

We know/understand:

- Good manners are important
- Our words can have a positive and negative impact on others
- How to make good language choices
- How to apologise when we make a mistake
- How to listen with understanding and without judgement
- Forgive others and ourselves
- Set and respect boundaries
- Speak kindly to ourselves
- Practise gratitude and mindfulness
- Focus on self-care
- Give compliments to others and receive them ourselves
- Encourage others
- Be generous with our time and our words
- Share with others
- Accept people for who they are

Behaviours

Leaves

Others

- Always uses good manners
- Chooses kind words to talk about and to others
- Apologises with sincerity
- Seeks to repair relationships
- Respects others' boundaries
- Compliments and encourages others
- Shares with authenticity
- Is generous to others
- Accepts others as they are

Ourselves

- Chooses kind words to speak to themselves
- Sets and maintains their own boundaries
- Looks after themselves
- Is thankful for what they have and the little things in life
- Accepts themselves as they are

