**How to show kindness[[1]](#footnote-1)**

help homeless people by giving them some food and money,

help the person who needs your help,

give someone a compliment,

say the words *thank you* and *please*,

donate some clothes and shoes to the Red Cross,

**give up your seat on the train or bus**to an elderly or pregnant person,

help the elderly,

do the shopping for somebody who is ill,

stick up to someone who is being bullied,

don't judge people,

help a lost animal (for example by taking them back to the shelter),

volunteer to help in an animal shelter,

accept the fact that we are all different,

encourage someone when he needs support and encouragement,

try to cheer up a sad person,

pick up litter (and not just yours),

take time for your family and friends – that is what we need most these days,

praise someone for the work well done,

greet people and smile to them,

invite a friend to the cinema,

write an inspirational message on the notice board,

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**Remember** – treat others the way you want to be treated,

1. Discussed with the pupils in class 7. A, December 2016 [↑](#footnote-ref-1)