

Kindness Video Lesson: Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you work through the Kindness Video Lesson.

1. What are two ways to show kindness that are talked about in the lesson?

a. _____

b. _____

2. Why are two qualities of a good friend that were talked about in the lesson?

a. _____

b. _____

3. Can you describe a time when you showed kindness to someone?

4. What do you look for in a good friend?