

Growing in Kindness

Every act of kindness—no matter how small—is important. You can brighten someone's day, lend a helping hand, show gratitude, and be a friend through your kindness.

Growing in kindness is something you can do every day, and you can start now! Look for ways that you can spread kindness around your home, at school, and with your friends. Remember, kindness not only makes others happy, but it also fills your heart with joy.

When you are kind to others, it not only changes you, it changes the world.

—Harold Kushner

Authored by Devon T. Sommers. Illustrated by Alvi.

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