



KINDNESS

DAY 1

Good morning and welcome to *The Principal's Principles*. **KINDNESS** means to be gentle and generous toward others. A kind person is understanding and tries to help others find happiness. One way to show kindness is to say thoughtful things. Words are very powerful! Mother Teresa said, “**Kind words can be short and easy to speak, but their echoes are truly endless.**” That means that good feelings from even simple comments like “Hello” and “Thank You” keep returning and bringing joy for a long time. Look for chances to share your smile and kind words today, and listen for the echoes of your kindness. Make it a magnificent day!

DAY 2

Good morning and welcome to *The Principal's Principles*. One way we can all show **KINDNESS** is by listening when someone is talking. That sounds easy, but really listening takes a little practice. Sometimes, we are so excited to tell our own story, we interrupt after a few minutes and start talking. Other times, we look like we're listening, but may actually be daydreaming about something else instead. Since we have two ears and one mouth, maybe we should listen twice as much as we talk. Today, try to practice being a better listener. Make it a terrific day!

DAY 3

Good morning and welcome to *The Principal's Principles*. Small acts of **KINDNESS** can make a big difference. Aesop wrote a story about a lion that was awakened from a nap by a little mouse running across his back. The lion grabbed the mouse and was about to kill him when the mouse pleaded, “Please forgive me and let me go. Maybe someday, I will be able to repay your kindness.” The lion laughed, but he lifted his paw and let the mouse go. Soon after, some hunters caught the lion and tied him up with strong ropes. Even with all his strength, the lion was unable to break free. The little mouse ran to the spot when he heard the lion roaring, chewed through the ropes, and freed the lion. Remember: “**No act of kindness, no matter how small, is ever wasted.**” Make it a wonderful day!

DAY 4

Good morning and welcome to *The Principal's Principles*. Little acts of **KINDNESS** do make a difference! There are many ways to show kindness each day. See how many of these ideas you can practice today: Smile and greet others with a friendly “hello” as you pass in the hallway. Share your paper, pencil, or other supplies with a classmate. Be a friend to someone who feels lonely or sad. Remember: **A little kindness can make a BIG difference!** Make it a tremendous day!

DAY 5

Good morning and welcome to *The Principal's Principles*. **KINDNESS** is one of those powerful principles that keep coming back every time you give it away! That's a good thing, because we can always benefit from a little extra kindness. Today, look for ways to include a classmate who may be feeling left out. Ask if he or she would like to play with you at recess, be your partner on a class project, or sit with you at lunch. Kindness has the power to bring sunshine and happiness to others. It can change a person's life! Make it a fabulous day!