Think about a time when you were not kind and answer below:

What did you do that wasn’t kind?_______________________________________________________________
___________________________________________________________________________________________

How did it make you feel?____________________________________________________
___________________________________________________________________________________________

Why were you unkind?________________________________________________________________________
___________________________________________________________________________________________
___________________________________________________________________________________________

What could you have done differently?_________________________________________________________
___________________________________________________________________________________________

Why is it important to act kindly?_______________________________________________________________
___________________________________________________________________________________________

What will you do next time?____________________________________________________________________
___________________________________________________________________________________________

___________________________________________________________________________________________

Name: