



SOCIAL AND EMOTIONAL LEARNING



BE KIND

Image by Klimkin from Pixabay



Kindness is, “being generous, helpful, and caring about other people, or an act showing this quality.” (Cambridge Dictionary) Practicing kindness means consciously, intentionally, and regularly engaging in acts of kindness. Choose an act of kindness and commit to doing it this week. Notice how it makes you feel.

Acts of kindness encourage Relationship Skills, one of five core Social Emotional Learning Competencies. Learn more here: bit.ly/nysel