

be
KIND

Be Kind

I have a super power!
It is to BE KIND.
I can change a stranger's frown,
By wishing them a good day
I can change my friend's sad mood,
By giving them a hug
I can lift a person's spirits,
By admiring their beautiful smile!
I can make a difference in someone's life,
By sharing the little I have!
The best part about this super power is
Sharing it with you!
You can be kind too, in so many ways!
Be Kind to the environment, by picking up trash.
Be Kind to your community, by donating clothes, books
and toys.
Be Kind to your parents, by cleaning up after dinner.
Be Kind to your classmates by learning more about their
hometown.
The differences between you and me, only make life more
interesting!
It only takes a second, to brighten someone's day!
So go ahead, and conquer the world with your super
power;
Be kind!

#ItsUpToUs #DoNoHarm

be
KIND

And Kindness I shall extend

I am the beginning of a new generation,
The hope for tomorrow that you talk about
I am the epitome of kindness
And kindness, I shall extend
I pride in who I am, in my true identity
You, I shall treat with respect
The kindness I extend knows no culture
Or colour, or status
I am the beginning of a new generation
And diversity I embrace.
I will sow the seeds of kindness among people
And like a precious flower, I will water it to sprout and bloom
Together, you and I shall nurture it
I will lift up friends and family around me
And shroud them with compassion,
The compassion that I encompass
Like a phoenix I shall rise
And build a generation, strong like a rock
But kind like compassion
And hand in hand you and I shall walk
In the land so pure
Me besides you to hold your head up
Should your sparkle die
Like a shield I will protect you
And share my kindness and compassion with you.
I am the beginning of a new generation,
The future of tomorrow that you talk about
The epitome of kindness,
And kindness I shall extend.

#ItsUpToUs #DoNoHarm