**KINDNESS**

**Signs of Success**

(from the Family Virtues Guide by Linda Kavelin Popov)

**Congratulations! You are practicing kindness when you…**

* Give tender attention to someone who is sad or needs help
* Do things that give others happiness
* Practice habits that help the earth (reduce, reuse, recycle)
* Resist the temptation to be cruel in your words or actions
* Accept people who are different
* Take good care of animals
* Remember your connection to all of creation

**Keep trying! You need more practice when you…**

* Always put yourself first
* Don’t pay attention to the needs of others
* Don’t think about how you can help the environment
* Tease and play tricks on others
* Ignore or ridicule someone who is different
* Hurt animals
* Neglect your pets
* Forget that you are part of God’s creation and that all of it deserves to be cared for with kindness