There are countless ways to be kind. Here are a few we can all do every day.



Smile!

Be quiet when other people are working.



Let someone finish talking before speaking.

Tell someone something nice you notice about them.

Say sorry when you've done something that has hurt someone.

Say thank you when someone does something for you.

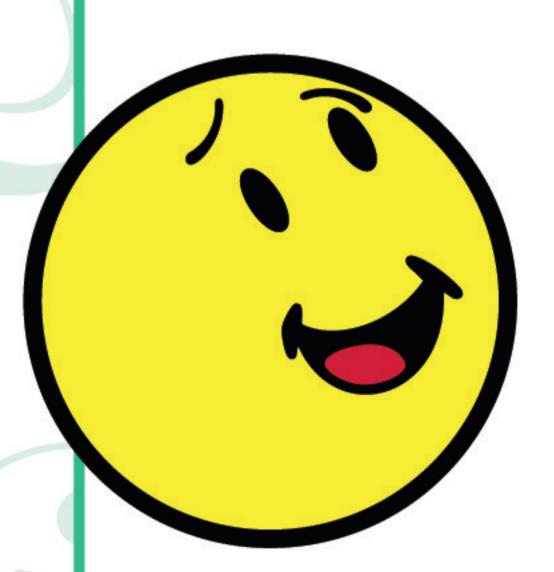
Say please when you ask for something.

Help someone who is lost.

Talk to some one who is lonely.

Tidy away

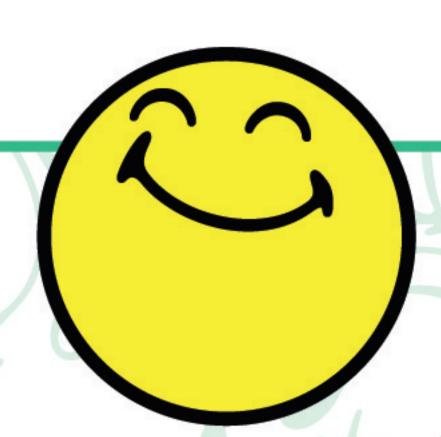
your things.



THE HAPPIER SCHEOLS PROJECT







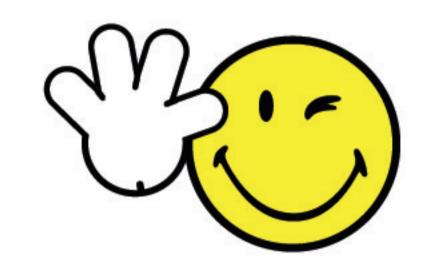
EMOTICONS
FOR A

SMILEY
WORLD

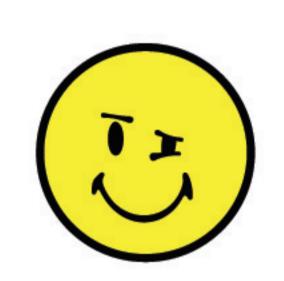
TOPS FEED YOUR EN

Active listening is a skill we can use to improve our understanding of people and help us communicate better and have deeper relationships.

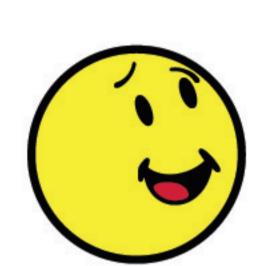
Active listening means you:



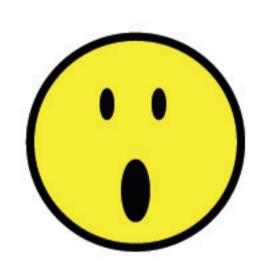
STOP your thoughts







ngage your eyes with the person speaking



mpathise with their emotions and imagine what they're saying



on't interrupt - wait until they are finished



ncourage them to keep talking



sk relevant questions



epeat or Summarise key points to make sure you have understood





