



## Daniel's Keys to Kindness

### 1. Be kind to yourself.

- You are important.
- You are enough.
- You deserve your own kindness.

### 2. Be kind to others.

- Be a friend.
- Support others.
- Listen to what others have to say.

### 3. Be kind to nature.

- Take care of our land, water, and the air we all breathe.
- Treat animals with care.
- Appreciate the beauty around you.

*Remember that being kind is a choice. Be kind 'on purpose' every day in all key areas!*