

Name _____

Becoming a Caring and Kindhearted Person: The Art of Compassion

Short Answer

1. Give an example of a random act of kindness you can do today.
2. How can expressing gratitude to others demonstrate kindness and caring?
3. Explain why it's important to be patient when practicing kindness and caring.
4. Share a personal experience where you apologized or forgave someone, and how it affected the relationship.
5. How can teaching kindness to others help spread kindness in your community?

