

## KINDNESS

NOVEMBER-DECEMBER 2020... We will examine the ways we can practice the Virtue of Kindness. During class time and Virtue Buddy readings, the following is a summary of the subjects we will cover:

- We invite those who seem lonely or excluded to join us.
- We make it a habit to speak kindly to and about people.
- We stand beside a friend or classmate who is the target of intimidation or bullying.
- We offer to help without being asked.
- We treat our family with the same kindness that we would treat our best friend.
- We are always gentle and kind with our pets.

We will emphasize that consistently kind words and actions are two of the indispensable building blocks of all successful relationships throughout our lives.

Our quote of the month: ***EVERY DAY, IN EVERY WAY...BE KIND, BE KIND, BE KIND!***

*Mme Choinière  
Spiritual Animator*