

# "Kindness Rocks" Day 4

**KINDNESS**, like music, is a universal language we all can speak.

Circle the music you enjoy.

COUNTRY JAZZ **HIP HOP** ROCK BLUES POP CLASSICAL  
BLUE GRASS RAP K-POP SOUL LATIN ELECTRONIC FOLK **R&B**

1. Name your favorite song. \_\_\_\_\_
2. Is all music the same? Yes or No
3. Are all people exactly the same? Yes or No
4. Is it ok to like different kinds of music? Yes or No
5. Is it ok to like different kinds of people? Yes or No

**Remember how we speak to each other matters.**

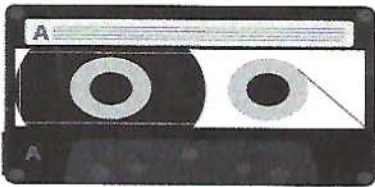
We use words that are **KIND**, encouraging, honest, and uplifting.

Circle the words below that are **KIND**.

AMAZING, AWFUL, AWESOME, DUMB, FUNNY, SWEET, NICE, UGLY, BEAUTIFUL, LOSER  
HANDSOME, STUPID, FAT, WEIRDO, GEEK, GOOD SPORT, TOO SKINNY, WINNER,  
YOU DON'T BELONG, JOIN US, SISSY, ARTISTIC, ATHELETIC, COLORFUL, MEAN, COOL



Before we speak, we **STOP** and **THINK**.



If our words are **UNKIND**, we **REWIND**. This means we say, "I'm sorry".

Today celebrate the people you meet and share **KINDNESS** with each of them.

