

## Health and Family Life

### All About Kindness

#### Section A. Fill in the blank

Using the words in the text box, fill in the correct word. Each word can only be used once.

|          |         |                          |                           |             |
|----------|---------|--------------------------|---------------------------|-------------|
| Uncaring | Selfish | October 14 <sup>th</sup> | November 13 <sup>th</sup> | Considerate |
|          | Myself  | Others                   | My Dog                    | Global      |

1. Kindness is the quality of being friendly, generous and \_\_\_\_\_.
2. World Kindness Day promotes the importance of being kind to \_\_\_\_\_, \_\_\_\_\_, and the world.
3. World Kindness Day is celebrated on \_\_\_\_\_.
4. World Kindness Day is \_\_\_\_\_.

#### Section B. True or False

Write True if the statement is True, and False if the statement is False.

5. Pushing someone down on the playground is an act of kindness. \_\_\_\_\_
6. Cleaning your room without being asked is an act of kindness. \_\_\_\_\_
7. Helping someone who is struggling is an act of kindness. \_\_\_\_\_
8. Lying on someone's name is an act of kindness. \_\_\_\_\_

#### Section C. – Short answers

List 3 benefits gained from being kind to others.

9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_

#### Section D.

List 5 Kindness synonyms.

12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_