



BACK TO SCHOOL



WAYS TO BE KIND TO MYSELF TODAY:

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"NO ACT OF KINDNESS,
HOWEVER SMALL,
IS EVER WASTED"
Aesop



TODAY I AM FEELING :

I make
a difference



PLAN for a KIND CLASSROOM



"PEOPLE WILL NEVER
FORGET HOW YOU
MADE THEM FEEL"
Maya Angelou

YOU MIGHT BE IN A NEW CLASS THIS YEAR,
MAYBE YOU HAVE A NEW TEACHER AND NEW
CLASSMATES...

HOWEVER YOU FEEL ABOUT IT IS COMPLETELY OKAY
- FEELING ALL THE FEELINGS IS NORMAL.



I would quietly like my teacher to know...