

Be Kind: You Can Make the World a Happier Place! 125 Kind Things to Say & Do

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In a world where people spend more time engaging through screens than in real-life interaction, showing basic human kindness can feel like a lost art. Be Kind offers children aged 5 and up simple, actionable things they can do in their daily lives that help them cultivate kindness toward others and grow into people with the capacity to make the world a kinder place.

In Be Kind, kids learn that kindness is a quality that can be expressed in ways other than merely being "nice," including standing up for someone or something, engaging in a community, showing compassion toward other beings, and expressing gratitude. With joyful illustrations and kid-friendly writing, this idea book serves as a delightful, easy-to-read collection of 125 concrete activities kids and their families can pick and choose from and act out in their daily lives, whether it's being the first person to say good morning, offering compliments, shoveling an elderly neighbor's driveway, learning to say hello in different languages, or sending a card to someone - no special occasion required. On every page, Be Kind empowers kids to make the world a better, kinder place, one action at a time. Spread kindness today! Naomi Shulman is the author of Be Kind. She is an essayist whose work has appeared in the New York Times, the Washington Post, Yankee Magazine, Real Simple, and FamilyFun. She holds a master's degree in theological studies from Harvard Divinity School and has been writing about children for years, often with an emphasis on emotional, ethical, and behavioral development. She lives in western Massachusetts with her two daughters.

Hsinping Pan is an animator and illustrator from Taiwan. She received her master's degree in animation and digital arts from University of Southern California. Her films have played at festivals worldwide and received first prize from the Taiwan International Animation Festival. Her illustrations have won the bronze prize from 3x3 magazine. Hsinping's works can be seen in commercials, movies, music videos, magazines, book covers and children's books. Her clients include Nickelodeon, Cartoon Network, Disney, The Land of Nod, and Real Simple.

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