













<p>Greet all, not only my friends.</p> 	<p>Share a smile and make eye contact with others.</p> 	<p>Respect differences, choices, decisions + opinions of others.</p> 	<p>Help because you can.</p> 
<p>Spread joy and cheerfulness.</p> 	<p>Show or explain something carefully and with patience.</p> 	<p>Be welcoming and friendly especially to new people in school.</p> 	<p>Pair up with someone who needs a partner without being asked.</p> 
<p>Introduce a new person to your friendship group.</p> 	<p>Stand up for someone who is being bullied or treated unfairly.</p> 	<p>Offer support, encouragement + praise to those in need of a boost.</p> 	<p>Solve a problem or find an adult who can help.</p> 

**BEING
Courageously
Kind
&
Boldly Brave**

Personal Reflection Time: Use the 'Courageously Kind Deeds' Sheet to help you 😊



<p>3 things I find easy to do</p>		<p>1.</p>	<p>2.</p>	<p>3.</p>
<p>3 things I could try to be more boldly brave or courageously kind to others.</p>				
<p>Think carefully about the reasons or barriers keeping me from doing them.</p>				
<p>Record solutions to the barriers discussed in box above.</p>				
<p>3 things I pledge to do from the courageous acts list to contribute to a caring, kind and friendly society.</p>				