7 WAYS TO BE KIND IN THE CLASSROOM

CARE
Care for yourself and for your peers

PRACTICE
Practice being kind every day while you learn

ASK
Ask an adult when you aren’t sure how to help a friend or yourself

REFLECT
Reflect on the impact of your actions and words

RESPECT
Respect the feelings of others, even if they are different than your own

COMMUNICATE
Communicate by thoughtfully sharing and actively listening

EMPOWER
Empower those around you by being supportive, positive, and helpful

Derived from the 7 Guiding Principles of Social and Emotional Learning @ mheonline.com/SEL