

Why being kind?



If you're **mean** you can:

- **Hurt** People
- **Make** people **ill** if it's repetitive.
- **Make** people's **day** and your's **bad**.
- Others persons can also **become mean**.

You will be **cast aside** and **alone** because others people **don't love you** and don't want to be your friend.

But if you're **Kind**:

- you have a **positive impact** on a lot of person (you: the giver, the receiver and witnesses)
- when people feel **happy** and **healthy** it's easier for them to **accept** others people's differences
- if everyone is kind, it will spread a **sense of well-being** which will decrease stress and increase **energy** and **health**
- if you show **kindness** and **love** around you, you encourage others to do the same

