

WHEN I CARE ABOUT OTHERS

Watch our [YouTube video](#). Afterwards you can spend some time thinking about the questions by yourself or with an adult that you trust.

3 times I have felt cared about...

1

2

3

A time I made someone else feel cared about...

Ideas for helping others feel cared about...

Three emotions I want others to feel around me...

1

2

3

How does it feel in your body when you feel cared about?

How does it feel when you are kind to someone, even someone who isn't your friend?

WE ALL MAKE MISTAKES SOMETIMES, BUT WE CAN ALL HELP TO MAKE OTHERS FEEL CARED ABOUT. BY LEARNING ABOUT EMOTIONS WE CAN FIND IT EASIER TO SHARE KINDNESS WITH OTHERS.

