

Spreading Kindness

Illustrate the story here:

A large, empty rectangular box with a thin black border, intended for a student to draw an illustration related to the story.

We all have good days and bad days. Good days are filled with brightness and happiness. On good days it is easy to be nice to our friends and everything seems fun. On good days annoying things don't really bother us, and we feel a sense of calmness in our bodies.

Bad days, on the other hand, are not so great. On bad days we may be filled with sadness or loneliness. Bad days can feel dark and scary. On bad days, it can be hard to be nice. On bad days lots of things might bother us, and we might not be in the mood for silliness.

When we are having a good day, we have the energy we need to spread kindness to the people around us. We can lend a smile or a helping hand and share our brightness with others. In return, when we are having a bad day, we can lean on those kindness spreaders for the extra help we need. Because if everyone shares a little extra kindness on their good days, we can all help each other get through our bad days.