

How Do You Feel When You Are Unkind?

Sometimes, we can be unkind to other people. This might be by:

- hurting them by pushing or hitting them;
- calling them names or being mean to them by leaving them out of games;
- getting them into trouble for something they didn't do;
- making fun of them;
- taking things off them.

Can you think of a time when you were unkind to someone? Talk to the adult you are with and then draw or write the answers to the following questions.



1. What did you do that was unkind?

2. Why were you unkind?

3. What did you feel like when you were being unkind?

4. How do you think the other person felt when you were being unkind to them?

5. Has anyone ever been unkind to you?

6. What did you feel like when they were unkind to you?

7. What could you do to stop being unkind?
