


Kindness and Compassion Conversation Starters

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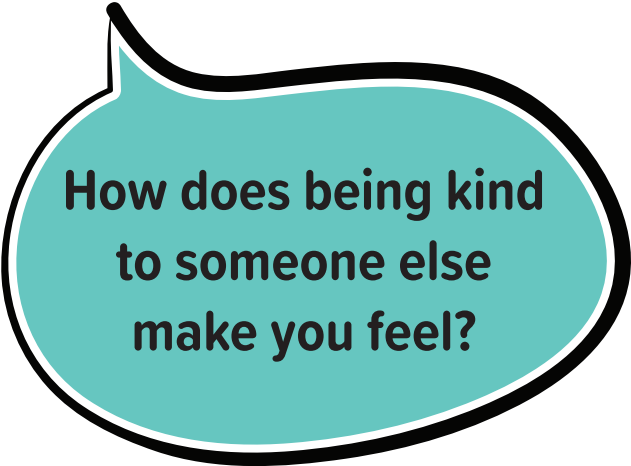
What does kindness mean to you?

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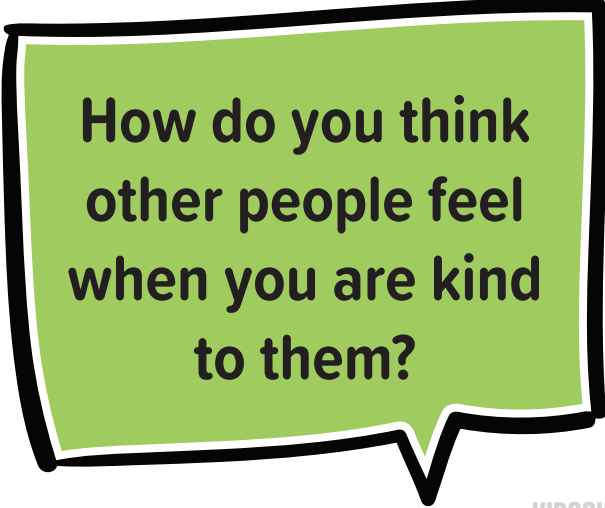
Why do you think it's important to be kind?

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How does being kind to someone else make you feel?

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How do you think other people feel when you are kind to them?

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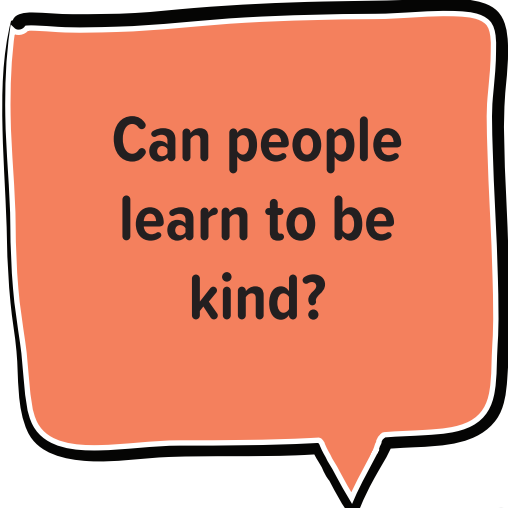
How can we show kindness to others?

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How can you show kindness to someone who is being unkind to others?

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Can people learn to be kind?

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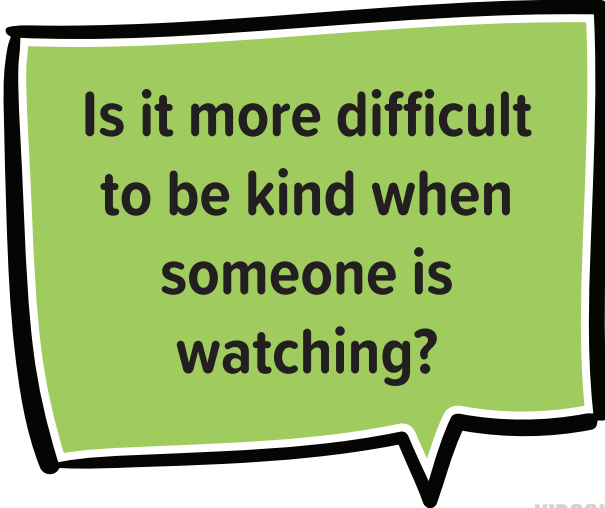
How can you encourage others to be kind?

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Who is the kindest person you know?

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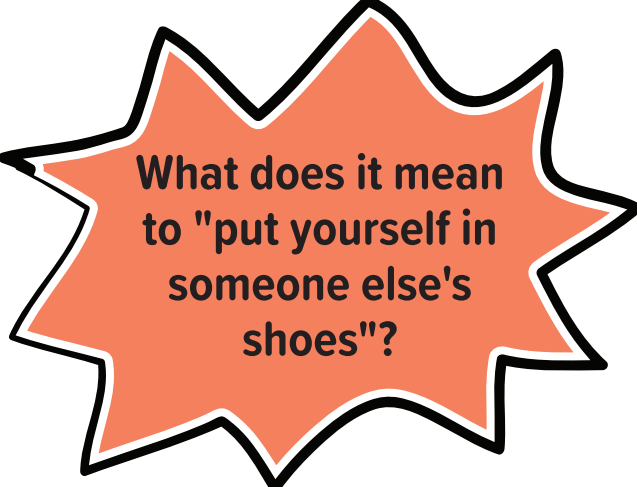
Is it more difficult to be kind when someone is watching?

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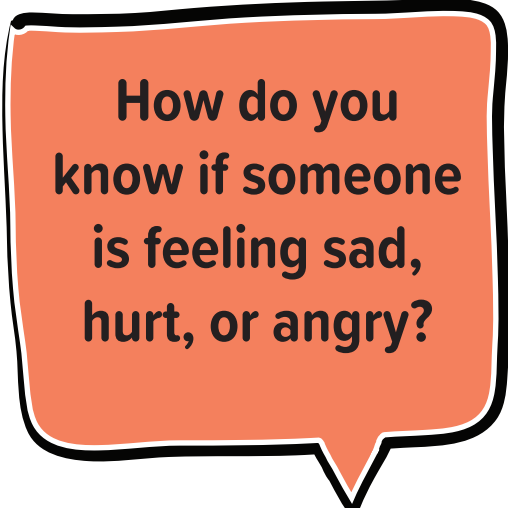
Do you believe kindness can change the world?

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What does it mean to "put yourself in someone else's shoes"?

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How do you know if someone is feeling sad, hurt, or angry?

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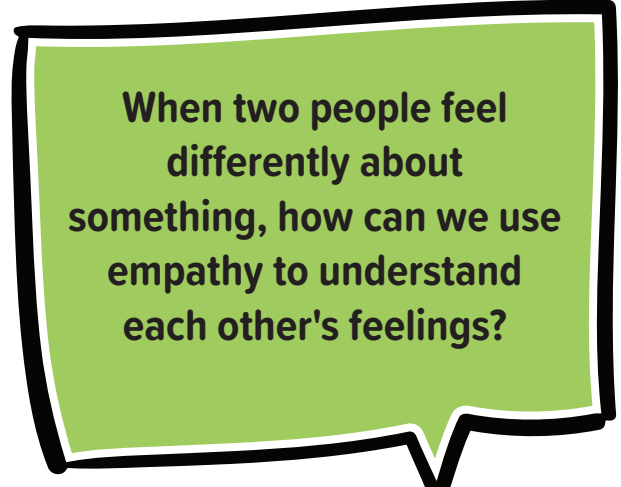
How do you feel when a friend is sad?

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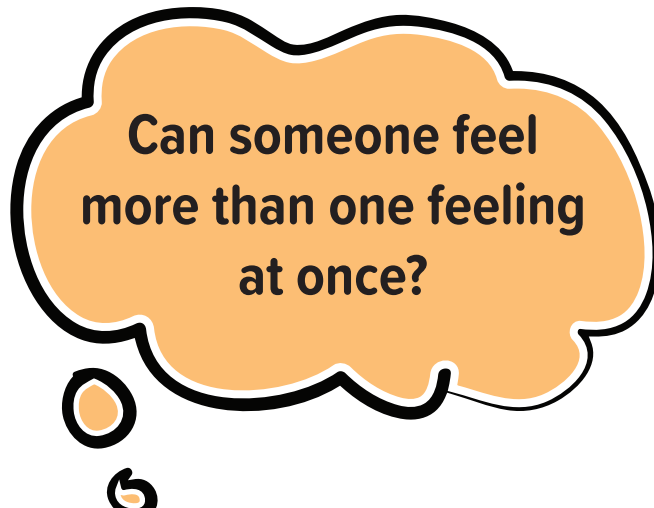
What can you do or say to help someone feel better?

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When two people feel differently about something, how can we use empathy to understand each other's feelings?

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Can someone feel more than one feeling at once?

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How can you show that you are a compassionate person?

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