

Building Kind Connections: Our Relationships Guide

Be a Kindness Champion: Growing Together Every Day!

- **Healthy relationships are built on trust. This means being honest and keeping the promises you make to your friends.**
- **Respecting personal space and boundaries is important. Always ask before borrowing an item or giving someone a hug.**
- **Effective communication means listening as much as you talk. When someone is speaking, give them your full attention.**
- **Empathy is the ability to understand how someone else is feeling. If a friend is sad, try to think about how you would feel in their shoes.**
- **Conflict is normal, but it is how we solve it that matters. Use kind words to explain your side and work together to find a fair solution.**

Did you know? Did you know? Humans are social creatures! Just like Leo the lion looks out for his pride, we build strong relationships by sharing our thoughts, listening to our friends, and helping each other when things get tricky.

Key vocabulary: Respect · Empathy · Trust · Communication · Boundaries · Support · Cooperation