

Spreading Kindness

Kindness: N. the quality of being kind, a kind act, kind feeling

Steps

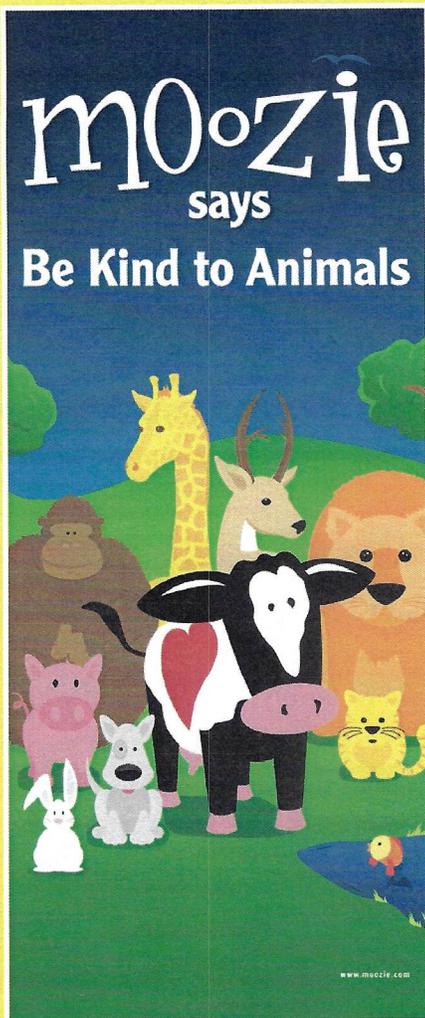
1. Kindness to Self
2. Kindness to Others
3. Kindness to Animals
4. Kindness to Earth
5. Kindness High 5's

Purpose

To spread kindness to others, animals, earth, and myself.

Let's be Kind!

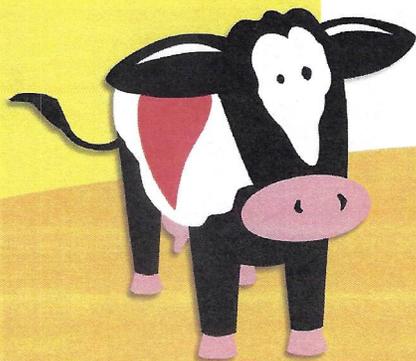
Moozie
The Ambassador of Kindness



Song:



Feed and water
Exercise and love
I can make a difference
I am kind.



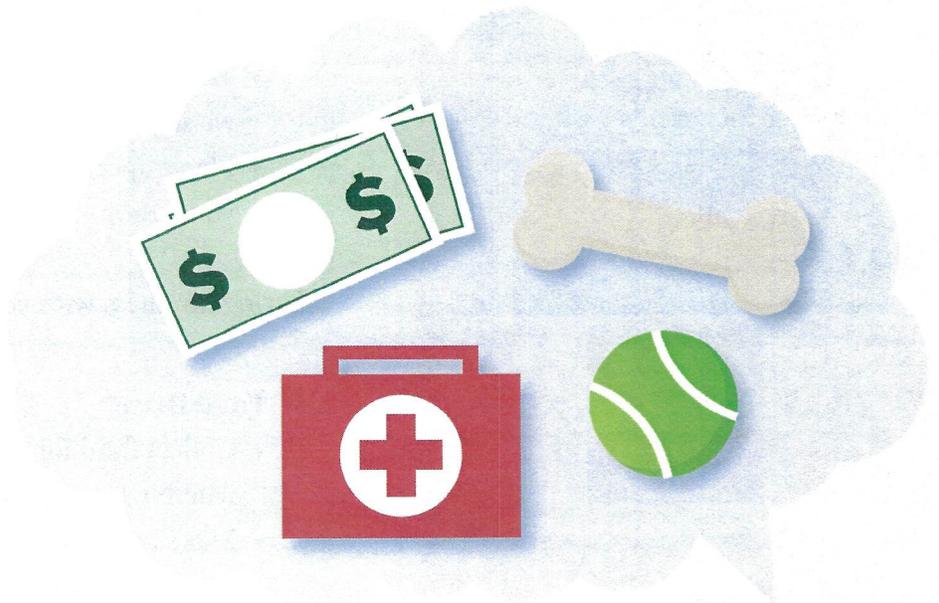
Step 3 Kindness to Animals

Choices—Do One



- Ask a volunteer from an animal shelter or Humane Society to speak to your troop.
- Responsibility of pet care—visit a pet store to find out the cost of food, grooming, vet care, toys for an animal.
- Make a poster about being kind to animals you come in contact with? Share with your troop.

Share kind acts with animals to make a difference.



Moozie's wisdom:
Care given to a pet is returned with love.

Step 5 Kindness High 5's

Choices—Do One

- Spread kindness by saying 5 kind words a day for a week.
- Spread Kindness with 5 kind actions a day for a week.
- Make a poster size collage of kind words, phrases, and pictures. Share with your troop

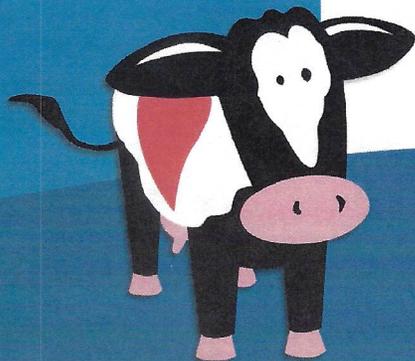
Spread kindness by saying and doing kind things.

thank you please good
moo you're welcome sorry
excuse me moo thank you
please you're welcome
sorry excuse me moo
thank you please good
moo you're welcome sorry
excuse me moo thank you
please you're welcome
sorry excuse me moo
thank you please good
moo you're welcome sorry
excuse me moo thank you
sorry excuse me moo

Song:

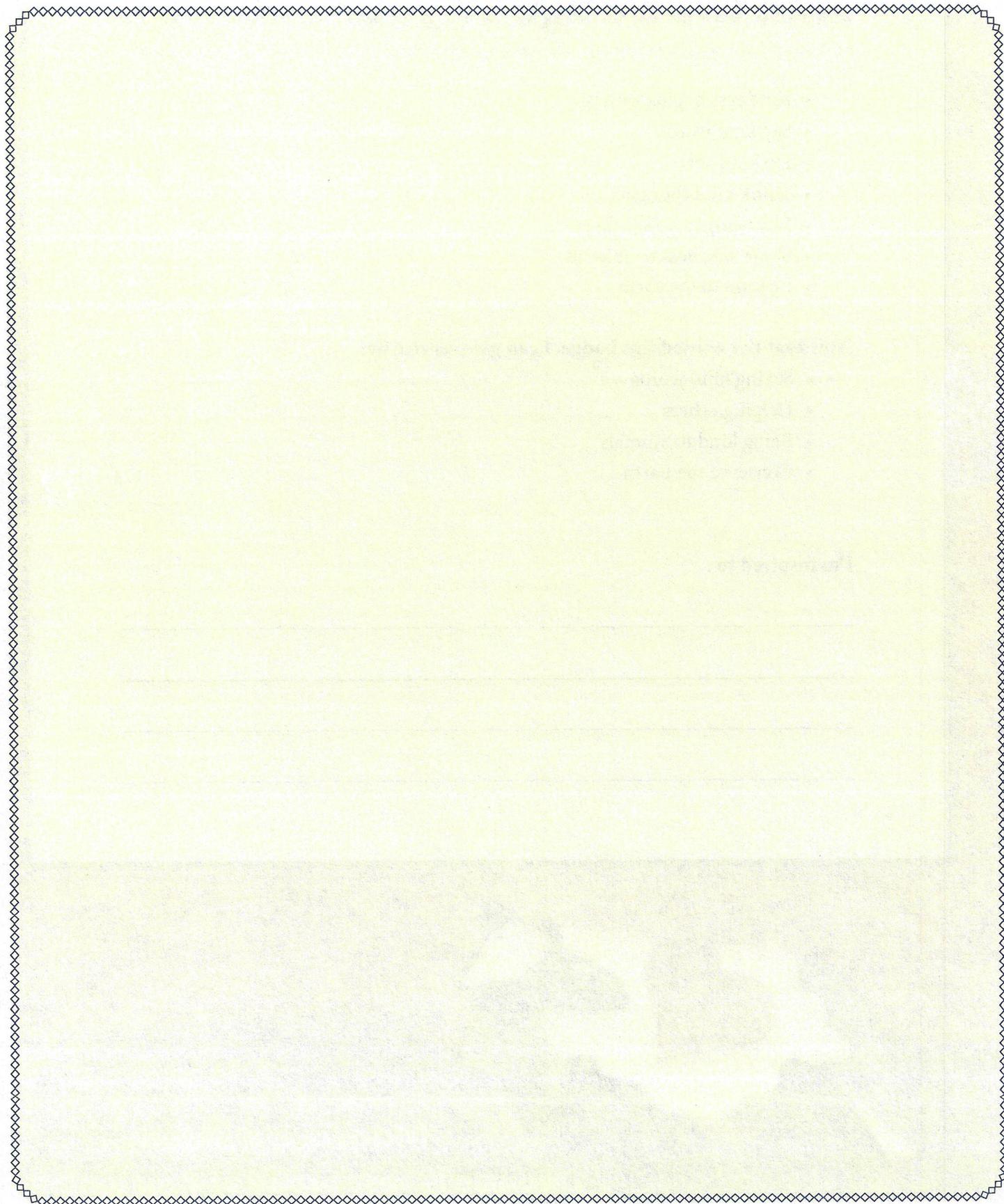


I am kind, I am kind
I can make a difference
I am kind.



Moozie's wisdom:
Being kind feels good!

Let's create a collage of kindness words.



Add the badge to your Journey!



- Kindness begins with me
- Say kind words
- Do kind acts
- Think kind thoughts
- Have empathy for others
- Show kindness to animals
- Be kind to the earth

Now that I've earned this badge, I can give service by:

- Saying kind words
- Helping others
- Being kind to animals
- Conserve the Earth

I'm inspired to :



**Moozie's wisdom:
Moozie is very proud of your kindness!**



THE VALUE OF KINDNESS

Just think what the world would be like if everyone was just a little kinder. That would not only affect this moment but could also have an effect for years to come. You can help make that happen. Kindness is powerful. Spreading your kindness makes others feel better; you feel better, and anyone seeing your kindness feels better. Whether you realize it or not, your kind acts build you as a role model of kindness, a role model especially important to those younger than you. Your kindness brings happiness to others.

The good news is that you have a partner in spreading kindness, Moozie the Cow, the Ambassador of Kindness. Moozie is a role model of kindness, showing ways to spread kindness. Moozie's message of kindness reaches out to animals, others, the Earth, and kindness to ourselves. Your acts of kindness make a difference at school, at home, and in the world.

As Moozie says, "Always be kind."

Ted Drier
Founder, CKN

moozie.org

