Kindness Matters
50 ways to create a kinder world

Written and Illustrated by
Kids for Peace
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Printed in United States of America. First printing, December, 2016

Published by:
Kids for Peace Press
1302 Pine Avenue
Carlsbad, CA, 92008
760-730-3320

www.kidsforpeaceglobal.org

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Be kind to all that's around you.
Open your heart to someone who needs love.
Be gentle to all the fragile things.
Show happiness to someone who is sad.
Think positive, not negative.
Help someone in need.

Isabel Wirschem
Age 13   San Diego, California, USA
This book is lovingly dedicated to the thousands of children around the world who submitted entries for this masterPEACE. Thank you for sharing your wisdom, your hopes, and your hearts. Your KINDNESS MATTERS!
Volunteer at your local animal shelter. It’s hard enough for animals to be in a shelter. Just going there and petting them can make them happier than you think.
2. Brighten up someone’s day with a warm smile.  Jenna M. Acevedo  
   Age 10  Milford, Pennsylvania, USA
3. Make music to unite people, feel the love, and grow hope. Lily Xiyuan Hu
Age 8  Hangzhou, Zhejiang, China
The world can be kinder by working together and helping each other around the world.

Wendy Wenxiu Jin
Age 7  Hangzhou, Zhejiang, China
5. Say “Thank you.” Reagan Murphy
Age 10  Williamsburg, Virginia, USA
6. Help others.  Emily Graham
Age 9  Brooklyn, New York, USA
7. Visit another country and make new friends by saying hello first.   Sanika Dattawadkar  
Age 7   Shanghai, China
8. Lend a friend a helping hand. Haley Teramoto
   Age 11   Hilo, Hawaii, USA
9. Be kind to nature.  Aimi Zimmerman
Age 8  Columbia, Missouri, USA
Be kind to your body! Get your body moving! Let's dance!
11. Make a gift for somebody you love.  Robin
   Age 11   Pincourt, Quebec, Canada
Find your happy place. Let the kindness spread.

12. Find your happy place.  Mila Chow
Age 8  Phoenix, Arizona, USA
We can help people with special needs by not bullying them and making friends with them.

13. Help people with special needs by not bullying them and making friends with them.  Lily Cosentino  
Age 10  Shohola, Pennsylvania, USA
Give your dad a picture.

Ainsley Cabana
Age 8  Pincourt, Quebec, Canada
15. Use technology to help the world see the light and make the future bright. Ray Shen
Age 8  Hangzhou, Zhejiang, China

Technology can help the world to see the light and make the future bright.
I could donate food to people with no homes.

16. Donate food to people with no homes. Georgia Buteau
   Age 7   Shreveport, Louisiana, USA
Slip a kind note into a friend's backpack.

Lillian DiTanna
Age 9  Chatham, New Jersey, USA
Appreciate that you get to go to school!
(Some kids don’t)
get to go!!!

Can I just skip school today, and sleep in?

Gone are the days of just seeing how you’re doing in school.
They can be fun!

Grades are

I really want to go to school!
I know, but we just can’t afford it.

I love school!

No tests

School is cool!

School bus

Pop quiz

Math test

Erase

Some school subjects stink!

Adjust your attitude.

18. Appreciate that you get to go to school. Julia Scott
Age 10 Yorktown, Virginia, USA
19. Remember to appreciate people’s “sorry’s.” Isabella Borquez
Age 13   Chula Vista, California, USA
20. Accept differences because you're different, too. Payton Mays
Age 9 Cranston, Rhode Island, USA
Say kind things!

I love your shirt! You got it! Good try!

Good job! High five! Have a good day! Good work!

By Fiona Mullins

Age 11 Rochester, New York, USA
Give a flower to a friend.

Elma Gerguri
Age 10   Grosse Pointe Woods, Michigan, USA
I can make the world a kinder place by treating other people how I want to be treated.
24. Spend time with each other.  Melia Miner
Age 10  San Diego, California, USA
I can help a younger child with their homework.

Do you need help with your homework?

Yes, that would be kind of you.

25. Help a younger child with their homework. Massimo Todesco
   Age 9  Grosse Pointe Woods, Michigan, USA
Volunteer to serve at a Community event!

26. Volunteer to serve at a community event. Francesca Antonecchia
Age 9 Milford, Pennsylvania, USA
I will help my friends by tying their shoes!

Nicholas

27. Tie your friends' shoes. Nicholas Fedyk
   Age 7  Williamsburg, Virginia, USA
Recycle whenever you can.

Ava

28. Recycle whenever you can. Ava Landini
Age 8  Shrewsbury, Massachusetts, USA
29. Care about what you do and say to all others you meet. Lunaya Barnhart
Age 11 Columbia, Missouri, USA

"No act of kindness no matter how small is ever wasted."
-Aesop

We can make the world more kind by actually caring about what we do and say to all others we meet.
Lunaya
30. Never look down on someone...Unless you are helping them.  Luan Nguyen  
Age 13  San Diego, California, USA
Save the ocean by using reusable bags and water bottles.

Baxter Simpson
Age 9 Carlsbad, California, USA
32. Create an environment where there is a peaceful and kind balance.  Anthony Wen  
Age 9  Hangzhou, Zhejiang, China
33. Let someone else go first on the slide.  Rebecca McKelvay
Age 6  Shohola, Pennsylvania, USA
34. Read a book; change a life. Mackenzie Surrey
Age 14   Chula Vista, California, USA
Respect for different people and their styles of clothes will make a happy, kind world.
36. Donate school supplies to a third world country.  Hana Goodfellow
Age 12  Pincourt, Quebec, Canada
If we protect animals from extinction, we can enjoy them and we are happy.
38. Be kind even when the road gets rough.  Avery Walter
Age 9  Pincourt, Quebec, Canada
39. Walk your cat to the rainbow.  Kassidy Meisenhelder
Age 5  Milford, Pennsylvania, USA
Help an older person get up and down the steps. Do this because their knees might hurt them.
41. Raise money for a children’s hospital.  Alex Michalski  
Age 8  Pincourt, Quebec, Canada
42. Stop war and terrorism by just simply making peace with other countries and just don’t blame countries for doing things.

James Shefferlya    Age 9   Wayne, New Jersey, USA
If someone new just moved to your school, you should go and sit by them and introduce yourself. It is good to try and be kind to people.

43. Sit by someone who just moved to your school and introduce yourself.  Regan Corabba
Age 9   Shohola, Pennsylvania, USA
Help a teacher set up the classroom.

Julia Matache
Age 8  Grosse Pointe Woods, Michigan, USA
45. Make breakfast for a loved one.   Olivia Csillag  
Age 10   Pincourt, Quebec, Canada
46. Hold the door for someone.  Sam Ciaravino
Age 10  Grosse Pointe, Michigan, USA
Help your mom clean the dishes. It is really fun, you get wet and when you get the soap out it's all bubbly and cool.
48. Do breathing exercises with your friend or family member when they're stressed.  Kylene Mak
Age 10  Pincourt, Quebec, Canada
I can stand up for someone who is being bullied.

49. Stand up for someone who is being bullied.  Lynn Dennis  
   Age 9   Grosse Pointe, Michigan, USA
Include everyone. Like the saying, "the more the merrier."

I have no one to play with.

I'll play with you.

Addison
Kids for Peace is a global nonprofit that creates PEACE through youth leadership, community service, global friendships, and thoughtful acts of kindness. Once a small neighborhood group, Kids for Peace has grown to engage over 10 million youth in 121 countries.

Kids for Peace is home to The Great Kindness Challenge, a positive and proactive schoolwide initiative for all grades. Schools everywhere are invited to accept the challenge and transform their campuses with compassion, unity, and respect. Please join us as we show the world that KINDNESS MATTERS!

Thank you to our generous book sponsors for kindly supporting children worldwide.

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A special thanks to our creative Syrian fellow, Massa Aboujeib, for kindly designing this book.

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