

SAVE THIS TO REMIND YOUR CHILD DAILY



MURPHY'S KINDNESS & CONFIDENCE RULES FOR KIDS

Helping children be kind... without losing their voice

- 1. Be kind—but not at the cost of your feelings.**
- 2. Use gentle words—but speak up when something feels wrong.**
- 3. Share with others—but it's okay to say “No.”**
- 4. Help others—but don't let others hurt you.**
- 5. Include others—but walk away from unkind behaviour.**
- 6. Say “that's not okay” when someone is mean.**
- 7. Choose friends who are kind to you.**
- 8. Ask for help when something doesn't feel right.**
- 9. Be proud of who you are.**
- 10. Kindness starts with being kind to yourself.**

