“Everyone likes kindness.
Kindness is important if you want friends and people to like you.
Kindness is something that someone does for another person, to make them feel happy and loved.
Kindness means you care about things - it sounds like a happy song.

It tastes like a batch of brownies.
It smells like perfume and it looks like a flower, beginning to grow its petals one by one.
Kindness is the colour green.”

“Kindness is when someone says you are a friend.
If you make a mistake it is kindness that people give to you, to help you realise that you did something wrong.
Even though someone doesn’t like someone, they can still be kind.

It looks like a helping hand.
It feels like love being loved.
Kindness tastes like lasagne and it looks like a clear blue sky.

Kindness feels like normal.
Everyone likes kindness.
Keep calm, and be kind.”