



Kindness Saves
the Day



Did you know that we all have a superpower? It's the power to be kind!

Let's see how the Sesame friends use their kindness superpower.



Cookie Monster uses his mouth to say kind words.

Me love the crayons
you used in your
drawing!



He gives Elmo a compliment.

Cookie Monster's kind words make Elmo smile.
When Elmo smiles, Cookie Monster smiles!
Smiling makes his superpowers even stronger.



That's the power
of kindness!

Jad uses his ears to listen.
He listens to Basma share
a funny story.

He waits for his turn to talk.
Friends feel loved when we listen
to them.



That's the power
of kindness!

Basma uses her nose to smell things that make her feel happy.

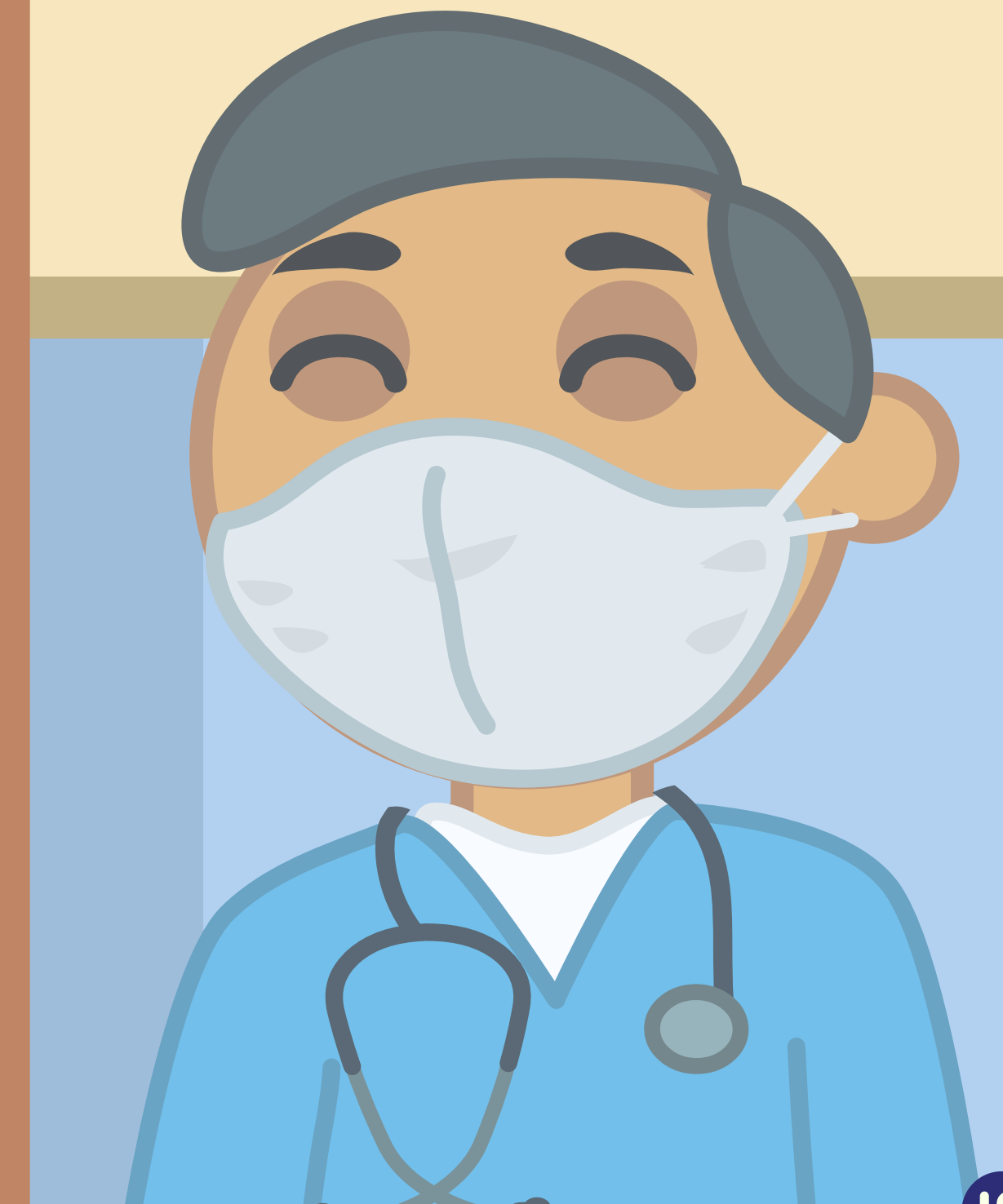
Basma shares some of her favorite scents with Jad. Now Jad feels happy too.



That's the power of kindness!

Raya uses her eyes to look for how others are being kind.

She sees how kindness makes people feel good about themselves.



Raya gets ideas for how she can be kind too.



When she helps others feel good about themselves, she feels good about herself too!



That's the power of kindness!

Elmo uses his hands to help nature.



Kindness helps plants and our planet.



That's the power
of kindness!

Elmo and his family use their big hearts to help others in need.



They donate food and clothes. They help others stay healthy.



That's the power of kindness!

You can be a superhero!

You have the power to be kind.



You can save the day.



Say something kind.

How will you be kind today?

Share with friends and family.

Listen to a friend.

Look for acts of kindness around you.

Lend a helping hand.

My Kindness Superpowers

1 How can I be kind to my family?

I can

.....
.....

2 How can I be kind to my friends?

I can

.....
.....

3 How can I be kind to the planet?

I can

.....
.....



caring for each other



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