

DISCOVER YOUR KINDNESS TYPE

Read each question carefully and choose the answer that best describes you. Circle the letter of your chosen response.

1. When I see someone feeling sad, I like to:
 - a) Offer them a hug or a kind word to cheer them up.
 - b) Ignore them and focus on my own feelings.
 - c) Laugh at them.
2. My favorite thing to do during recess is:
 - a) Include others in my games and make new friends.
 - b) Play by myself and avoid talking to others.
 - c) Boss others around and tell them what to do.
3. If someone drops their books in the hallway, I would:
 - a) Stop and help them pick up their books.
 - b) Walk past them and pretend I didn't see.
 - c) Kick their books away for fun.
4. When my friend shares their toys with me, I feel:
 - a) Happy and grateful
 - b) Indifferent
 - c) Jealous and end up wanting more
5. If I see someone being troubled by others, I will:
 - a) Stand up for them and tell the bullies to stop.
 - b) Join in and tease them too.
 - c) Ignore the situation and walk away.



Scoring:

For each question, give yourself:

2 points for every "a" response.

0 points for every "b" response.

-1 point for every "c" response.

Results:

8-10 points: You're a Kindness Champion! You have a big heart and always try to help others. Keep spreading kindness!

4-7 points: You're Kindness Curious! You have some kindness traits and are learning how to be more caring. Keep practicing!

0-3 points: You're Kindness Developing! You may need some help understanding how to be kind to others. That's okay! Keep learning and growing!

