

Moozie Moment - The 4 Kindness Modules

Moo I'm Moozie. I am known as the cow who is kind. I want to share how you can be kind.

You can be kind to yourself by eating good foods, brushing your teeth, getting a good night's sleep and exercising to help your body grow and be strong.

Then you can be kind to others by smiling, sharing, and taking turns with your friends. You can be helpful, clean-up and use your manners. You and your friends can always use kind words as you play.

Next, you can be kind to animals. If you have a pet you can feed and make sure your pet has water. You can play with your pet or walk them on a leash. Remember to always speak nicely to your pet and all animals.

Last, you can be kind to the earth. You can put trash in the trashcan and never litter- that means throw trash on the ground. You can plant flowers and trees and take care of them. You can recycle bottles, paper, and cans- it is fun to visit the recycle center with a grown-up.

I hope you will be kind.

MOO

Moozie says, "Always Be Kind"