

# Kindness Word Search

Showing kindness to others and receiving kindness from others can help people feel happy – it has a positive impact on our mental health and wellbeing. This is important all the time but especially in challenging times. Find the kindness words in the grid and, as you do, think about how you can show kindness to others.

## Words of Kindness

a	i	g	g	h	c	q	w	b	b	m	n
s	m	y	e	j	a	w	e	h	v	e	m
d	p	p	n	k	r	a	w	e	c	n	k
f	a	p	e	l	i	r	r	l	z	t	i
k	c	a	r	e	n	m	t	p	x	a	n
i	t	h	o	u	g	h	t	f	u	l	d
n	a	s	u	d	v	e	y	u	c	h	n
d	c	d	s	s	n	a	u	l	p	e	e
t	c	e	p	s	e	r	i	i	o	a	s
x	b	s	n	o	i	t	o	m	e	l	s
h	w	e	l	l	b	e	i	n	g	t	b
d	f	r	i	e	n	d	l	y	x	h	a

care	generous	kind	thoughtful
caring	happy	kindness	warm-hearted
emotions	helpful	mental health	wellbeing
friendly	impact	respect	