

Cook Up Some Kindness

Purpose: Identify ways to practice online positivity and be kind online.

Just like a good meal, **kindness can start with a few good ingredients and a recipe.** What ingredients make a kind internet explorer? Team up with a friend, family member or trusted adult to build your recipe for online kindness!

○ ○ ○
Kindness Recipe

1 

Kind words and compliments I can use online:

2 

How I will help others who are being treated unkindly online:

3 

Who I'll go to for support if someone is being unkind to me online:

4 

What I'll do when someone says something that I disagree with online:

5 

Positive things that I can share with others online:

◆◆◆

MIX IT ALL UP AND SAVOR THE SWEETNESS ♡