



HELPING CHILDREN NAVIGATE LIFE

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BE KIND

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Every time we make a choice, the way we treat each other, let's be kind
Every time we make a choice, to think of one another, let's be kind
Learning to make true friendship happen
Learning to live to show compassion
Learning to trust each other, let's be kind

Someone's really hurting, know just when to talk or listen, let's be kind
Someone's feeling lonely, know just when to get together, let's be kind
Learning to be a friendly person
Learning to have a conversation
Learning to trust each other, let's be kind.

It makes me feel alive, deep, deep, down inside
A joy that I can't hide, the best that you can find
It makes me feel alive, deep, deep, down inside
A reason for our lives is found in being kind

Think about the way it makes you feel when someone in your life is kind
It makes you feel good about yourself when someone in your life is kind
Finding a way to help each other
Finding a way to love each other
Finding a way to live so let's be kind

It makes me feel alive, deep, deep, down inside
A joy that I can't hide, the best that you can find
It makes me feel alive, deep, deep, down inside
A reason for our lives is found in being kind
Is found in being kind
Is found in being kind

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