

Kindness Vocabulary

Note to the teacher: Please keep in mind that this Kindness Vocabulary is not an artificial research creation. Quite on the contrary, it is the selection of the most frequently and actively used words and phrases found in the participants' entries to the International Expressions of Kindness Multimedia Showcase and in the projects of the children who took part in the pilot. Although the Vocabulary is done in English, it embraces different languages and cultures in which our participants communicated with the project team. Together with English, we stayed in touch with children and educators in Croatian, French, Italian, Lithuanian, Portuguese, Romanian, Russian, Spanish, Turkish, and Ukrainian, to name just a few. So, the Vocabulary is indeed based on the multinational platform, and could be translated from English into any national language of any potential users.

##	Nouns/Phrases
1	A book from the heart
2	A kindness note
3	A pot of kindness
4	A smile is contagious
5	A smile can move mountains
6	A sense of belonging
7	Active kindness
8	Advocate
9	Affection
10	ALOHA spirit
11	Big hug
12	Birds' singing
13	Blood donations

14	Bonding
15	Care
16	Cleaning
17	Compassion
18	Concern
19	Cure/cure anger and sadness
20	Dream
21	Fairness
22	Flower
23	Food/tasty and healthy food
24	Friendliness/friendship
25	Generosity
26	Goodwill
27	Gratitude
28	Happiness
29	Heart /hot heart
30	Hug/free hug
31	Joy
32	Kindness city
33	Kindness in dance
34	Kindness in music
35	Kindness is a gift
36	Kindness is the strongest force
37	Kindness school
38	Kindness starts with you- you can't wait for someone else to give it out first
39	Kindness song
40	Kindness treasure box
41	Kindness Tree

42	Kindness village
43	Kindness, we should just give it out
44	Laughter
45	Make a goal to say one kind thing to someone everyday
46	Peace
47	Pets
48	Play/time to play
49	Positivity
50	Prayer for Ukraine
51	Smile
52	Sun/hot sun
53	Sunshine
54	Support
55	Tears of joy
56	Upstanders
57	Wonder

	Verbs/Phrases
1	Adopt (a stray dog)
2	Be in charge
3	Be empathetic
4	Believe in
5	Breathe fresh air
6	Bring comfort
7	Call for peace

8	Celebrate kindness
9	Cheer up
10	Compliment
11	Contribute
12	Dedicate to
13	Don't hit
14	Don't ignore
15	Don't judge
16	Don't litter
17	Donate
18	Encourage
19	Feed (animals)
20	Give Food
21	Greet others
22	Grow kindness
23	Heal the world
24	Help
25	Honor someone
26	Light a candle
27	Listen to and respect your body
28	Love
29	Maintain peace in the world
30	Make a difference
31	Plan (a tree/a flower)
32	Present (flowers)
33	Promote a better conversation
34	Properly dispose batteries
35	Protect (nature)

36	Provide for
37	Read together (read to someone)
38	Remove litter
39	Reduce food waste
40	Rescue animals
41	Share
42	Smile
43	Sort-out garbage
44	Spend time together
45	Spread out
46	Spread your tenderness, kindness, care, and love around the house
47	Spread happiness
48	Stand-up for yourself without hurting others
49	Stand in silence
50	Stop the war
51	Support
52	Respect others and love yourself
53	Take a stand
54	Take care of
55	Think of
56	Upbeat mood makes others happy
57	Visit a senior house or elder care facility
58	Walk in nature
59	Wave

	Adjectives
1	Delicate
2	Empathetic
3	Gentle
4	Happy
5	Hopeful
6	Limitless
7	Not isolated
8	Not judgmental
9	Supportive