



Rebekah chose to be kind, even when it was hard work. We can choose kindness too!

- Help someone who needs it.
- Write a thank-you note to someone who was kind to you.
- Pray and ask Heavenly Father to help you notice someone who needs kindness.
- I can be kind by...



Rebekah chose to be kind, even when it was hard work. We can choose kindness too!

- Help someone who needs it.
- Write a thank-you note to someone who was kind to you.
- Pray and ask Heavenly Father to help you notice someone who needs kindness.
- I can be kind by...



Rebekah chose to be kind, even when it was hard work. We can choose kindness too!

- Help someone who needs it.
- Write a thank-you note to someone who was kind to you.
- Pray and ask Heavenly Father to help you notice someone who needs kindness.
- I can be kind by...



Rebekah chose to be kind, even when it was hard work. We can choose kindness too!

- Help someone who needs it.
- Write a thank-you note to someone who was kind to you.
- Pray and ask Heavenly Father to help you notice someone who needs kindness.
- I can be kind by...
