



February's IALAC theme is.....

# Kindness

## Kindness is:

- Taking the time to help someone without being asked.
- Being considerate of another's feelings.
- Being respectful of your friends and your family.
- Being helpful and using words to make someone feel good.
- Being warmhearted and considerate of others.
- To be forgiving of others.

*Remember: No act of kindness goes unnoticed.*