

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

