

# MY KIND HEART

Read each heart. Colour in the hearts that feel true for you today.  
You can also add your own kind ideas in the blank hearts.

I am  
kind

I am a  
good  
friend

I try my  
best

I am  
helpful

I make  
people  
smile

I care  
about  
others

I can be  
brave

I am  
learning  
new  
things

I am  
proud of  
myself

I am  
special

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

[WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)



FOLLOW US ON **FACEBOOK** TO STAY FULLY  
UP TO DATE WITH NEW DOWNLOADS:



©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook page using the share button.