

Create a poem for the mental health week

**about the importance of kindness, happiness, respecting each other,
how to be proud of yourself and above all-to have positive thinking!!!**

An act of kindness is sharing
An act of kindness is caring
Kindness is unlimited
So if you share yours out
You will be revisited
With a some kindness of others
Without a doubt

Everyone has kindness inside them
So no matter how big and bad you think you are
Kindness will shine inside you like a beautiful bright gem
And you will glisten like a sparkling star