Paying It Forward

It makes us feel special when someone is considerate or caring toward us. When someone does a kind action, you can pass it on by doing something kind for someone else. That's called paying it forward! You can create a chain of positive actions.

Here's an example of paying it forward: Imagine you hold the door open for someone at school. That person is happy and thankful. Then they decide to hold the door open for someone else. Think about how many people can be affected by a small action! Everyone's day becomes a little bit better by doing acts of kindness for each other.

How could you start a "pay it forward" chain? What is something kind you can do for someone else? If the person thanks you, explain what it means to pay it forward. You might inspire them to do something considerate and caring for others too!