



**Train Loyal Companions, LLC**

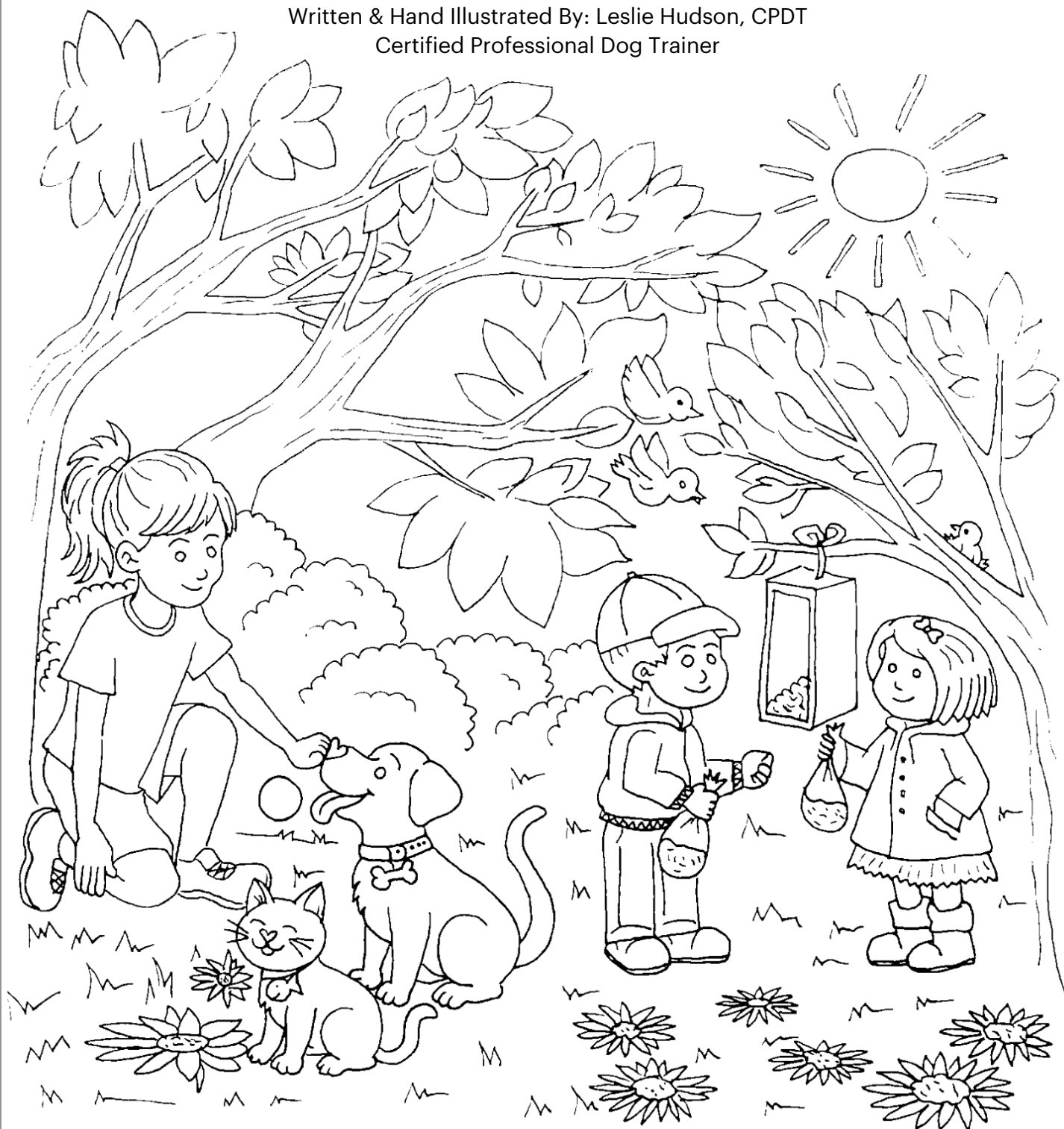
*"Unleash Your Potential"*



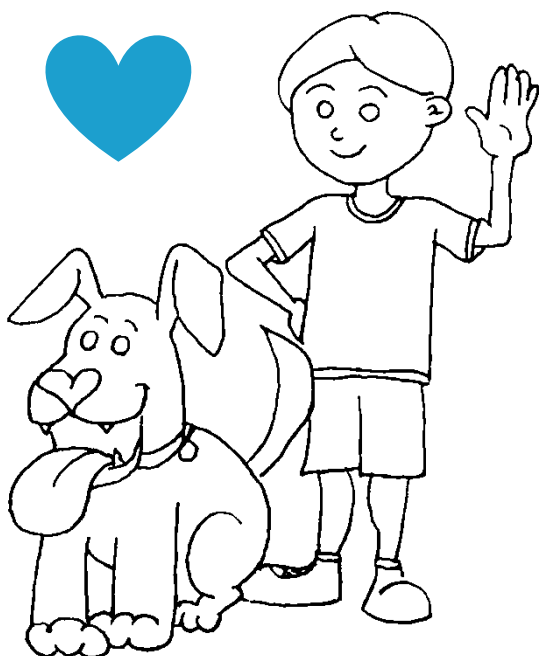
# Kindness Counts!

A Youth Humane Education Guide About Kindness.

Written & Hand Illustrated By: Leslie Hudson, CPDT  
Certified Professional Dog Trainer



# Welcome, Kindness Explorer!



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**Kindness Counts!**

This guide will help you learn how kindness can make the world better for people, pets, wildlife, and our whole community. As part of my mission through Train Loyal Companions, LLC to help people “Unleash Your Potential”, this guide is offered *completely free*, because humanity and humane excellence should never come with a price tag. Everyone deserves access to tools that help them grow into kind, compassionate, confident, caring human beings. Sharing knowledge freely is an act of kindness that helps others learn, grow, and pay compassion forward.

You are welcome to share or reproduce this guide in its original form for non-commercial use. We encourage you to draw, add notes, color pages, or share this book with others. Kindness grows when we share it! Thank you for reading, caring, and sharing.



This guide is under construction.

Feedback welcome & appreciated.

+ Seeking Publishing Support. Thanks!

Donate @TrainLoyalCompanions



**venmo**

Your donation directly contributes to the creation, printing, and distribution of these materials, ensuring that humane education remains accessible to all.



# This Book Belong to

**Date**   /   /

**My name is** \_\_\_\_\_

**My favorite way  
to show kindness:**

**I am** \_\_\_\_\_  
**years old.**

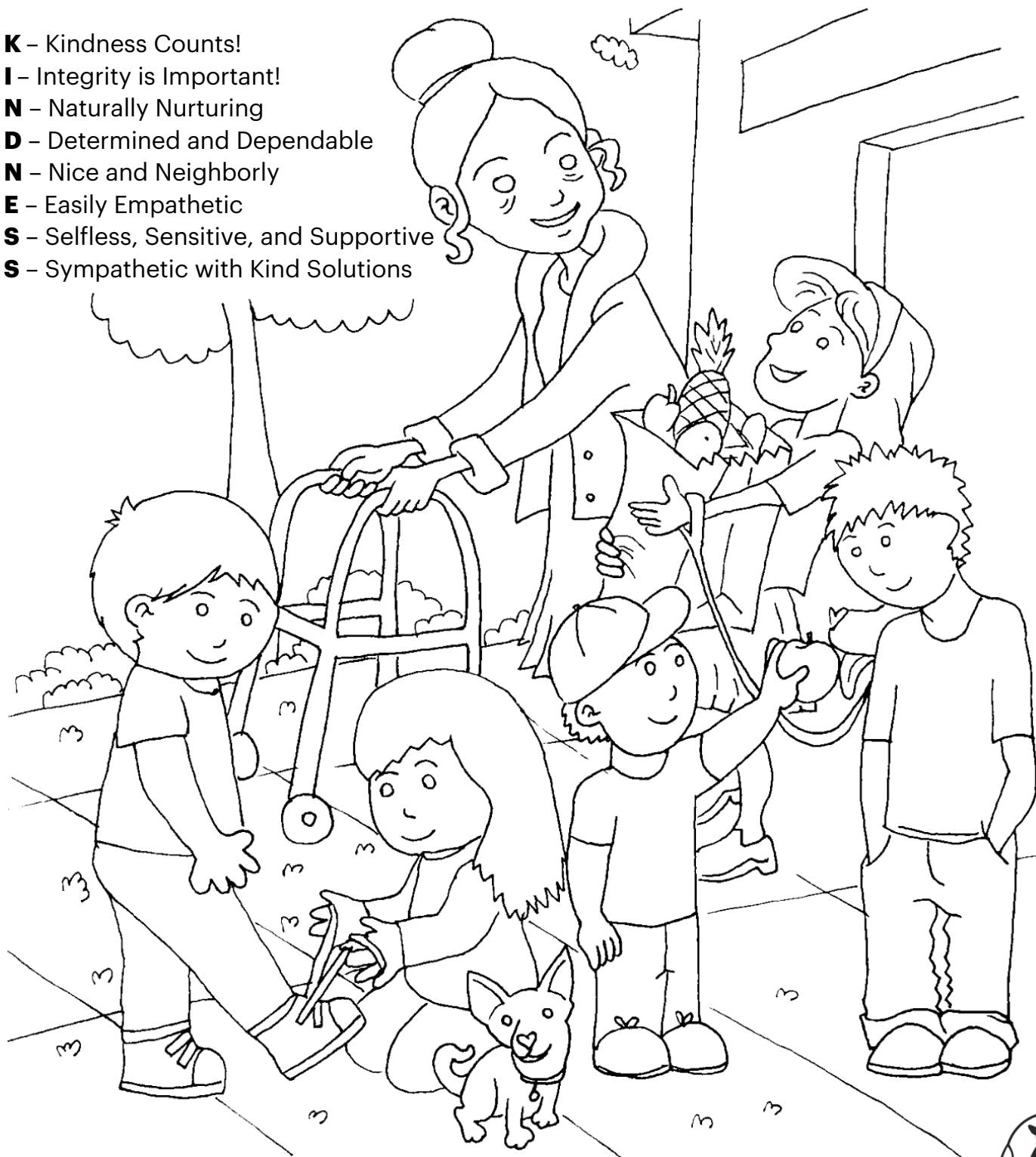
*"Educating the mind  
without educating the heart  
is no education at all."  
– Aristotle, Greek philosopher*



# What K.I.N.D.N.E.S.S. Means

Kindness comes in many forms. These traits help guide our actions so we can care for others, respect animals, and make thoughtful choices. Kindness is a choice we can make again and again. When you choose kindness, you help make the world safer, happier, and more humane. Kindness creates a safe and happy world for everyone, especially animals who depend on us.

- K** – Kindness Counts!
- I** – Integrity is Important!
- N** – Naturally Nurturing
- D** – Determined and Dependable
- N** – Nice and Neighborly
- E** – Easily Empathetic
- S** – Selfless, Sensitive, and Supportive
- S** – Sympathetic with Kind Solutions

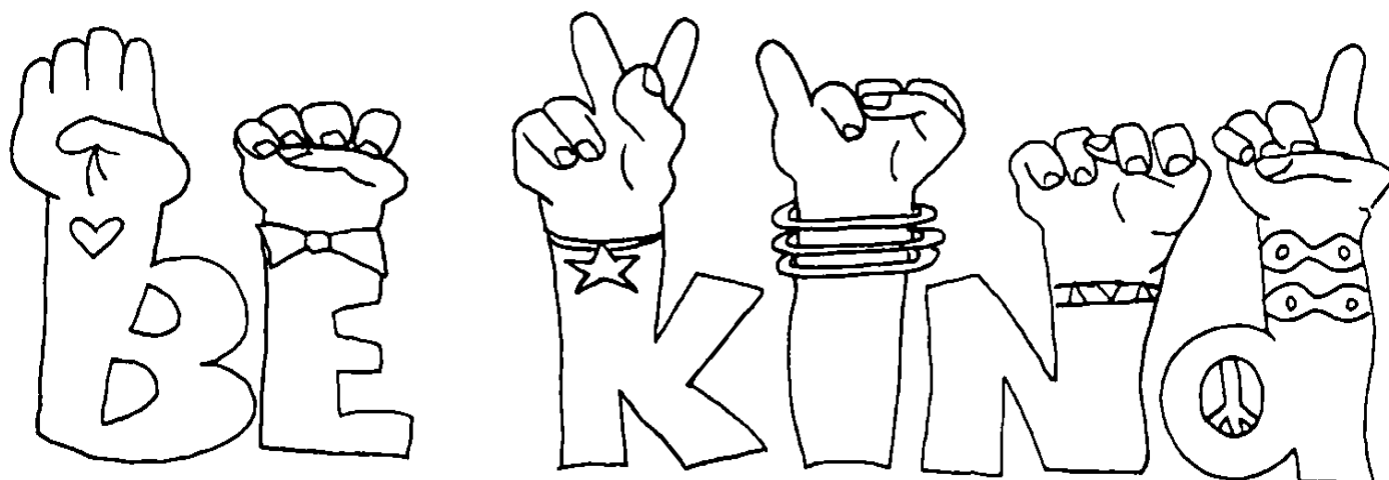
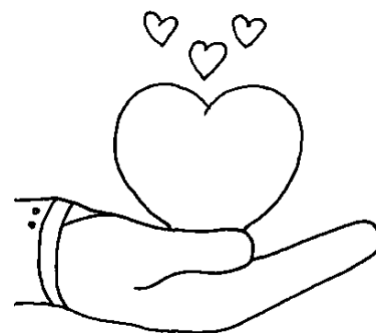


# K – Kindness Counts!

Kindness is more than just being nice. Kindness is about choosing to care, help, and show respect to others, animals, and ourselves. Whether it's being safe, being respectful, being responsible, sharing a smile, standing up for a friend, being gentle with a pet, or simply listening when someone needs to talk, every kind act can make a big difference. Even tiny acts can brighten someone's whole day.

Kindness can be simple and fun. It might look like:

- ☐ Helping a neighbor carry groceries
- ☐ Donating toys or clothes you've outgrown
- ☐ Reading a book to a younger sibling
- ☐ Planting a tree or flowers in a community garden
- ☐ Collecting food or pet supplies for a shelter
- ☐ Saying thank you to helpers in your community
- ☐ Making cheerful cards for people in hospitals or nursing homes
- ☐ Hand used for helping, never hurting





# I – Integrity is Important

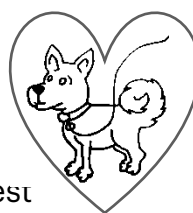
Integrity means being honest and doing the right thing, even when no one is watching. Honesty, reliability, and respect show the world you can be trusted. Your actions demonstrate kindness more loudly than words ever could. Respect is shown through honesty. Reliability means showing up when someone needs you. Your actions are one of the strongest ways you demonstrate kindness and integrity. Being safe and respectful helps animals trust us.



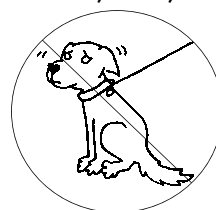
**Kindness is Free, So Sprinkle It Everywhere. Small acts create big ripples.**

When you greet animals gently and respectfully, you help them feel safe, which is one of the kindest actions of all. When meeting a canine, kindly remember L.A.S.T. = Look, Ask, Show, Touch.

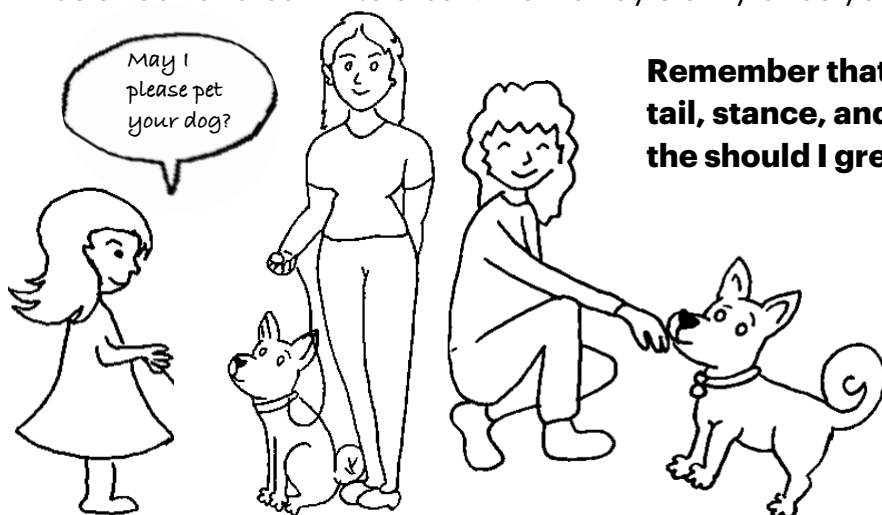
- **Look** at the dog's body language
- **Ask** the owner for permission
- **Show** your hand as a closed fist
- **Touch** under the chin or on the chest is best



**Greet dogs that are not pulling on their leash.**



If a dog jumps on you be a tree by standing still. Do not push or shove. If knocked down, be a rock and curl into a ball. Walk away slowly once you are done petting the dog.



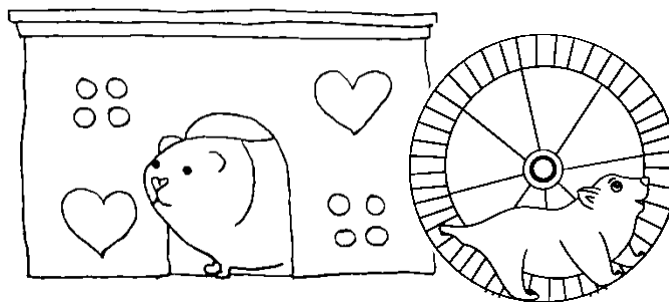
**Remember that a relaxed leash, ears, eyes, tail, stance, and muzzle are the clues to solve the should I greet this canine puzzle.**



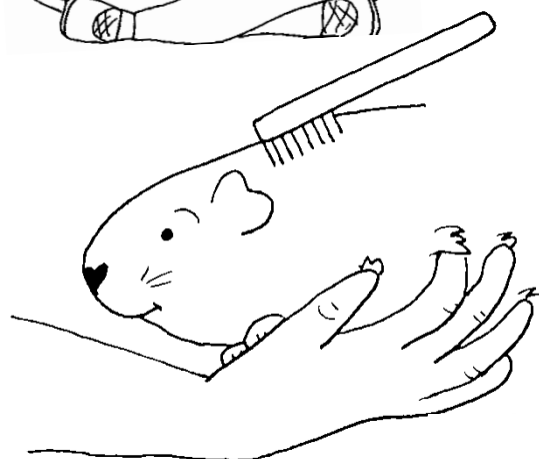
# N – Naturally Nurturing

Being a caring pet owner means helping your pets stay happy and healthy. This includes giving pets fresh water, good food, regular exercise, and gentle handling. Pets also need clean spaces, gentle handling, and visits to the vet to keep them feeling their best.

Nurturing animals teaches responsibility, empathy, and respect for living beings who depend on us. Kindness helps us care for animals, people, and our community. It makes the world safer, happier, and more connected.



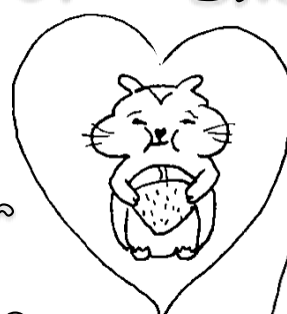
Shelter Exercise



Food

Water

Safety



Care Love

Comfort

Training

Play



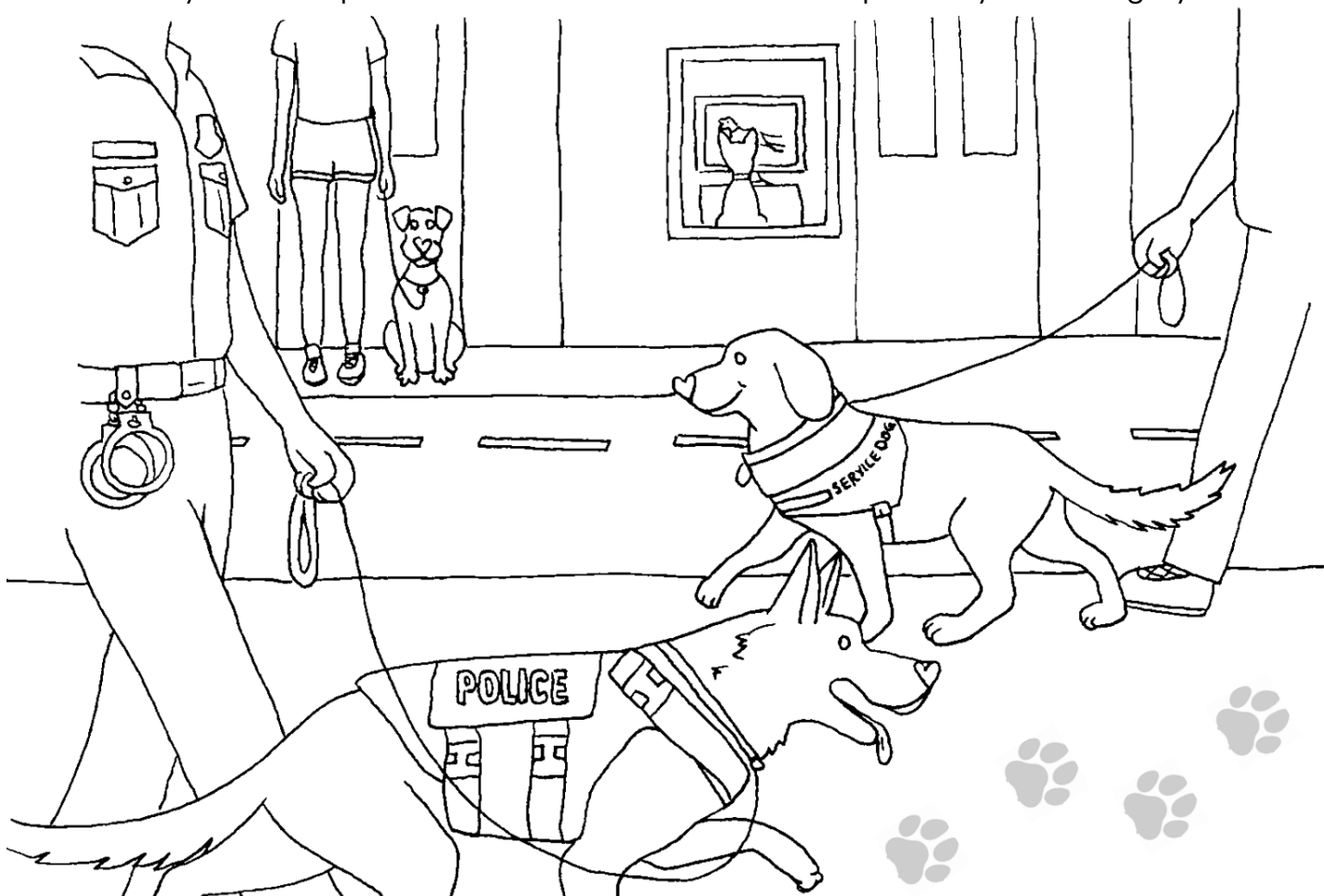
## How to Give a Dog a Treat Kindly

Use a flat hand or toss a treat gently at their toes.

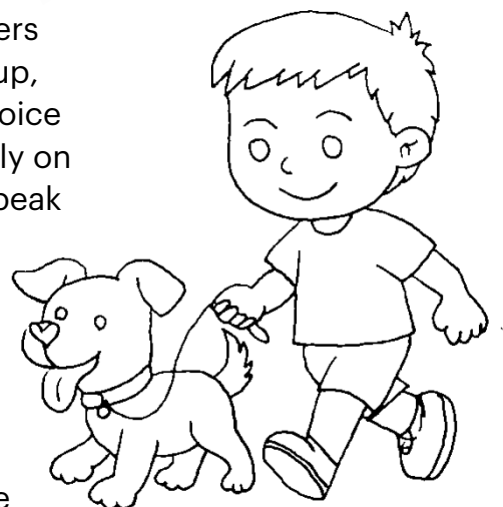


## D – Determined and Dependable

A dependable person follows through on promises and does what they say they'll do. Being determined means sticking with a task, even when it's tough. When others can count on you, they feel cared for and safe. Dependability builds trust between people and animals alike. Kindness counts because people and animals feel safe when they can count on you as a dependable friend. Be determined to dependably have integrity.



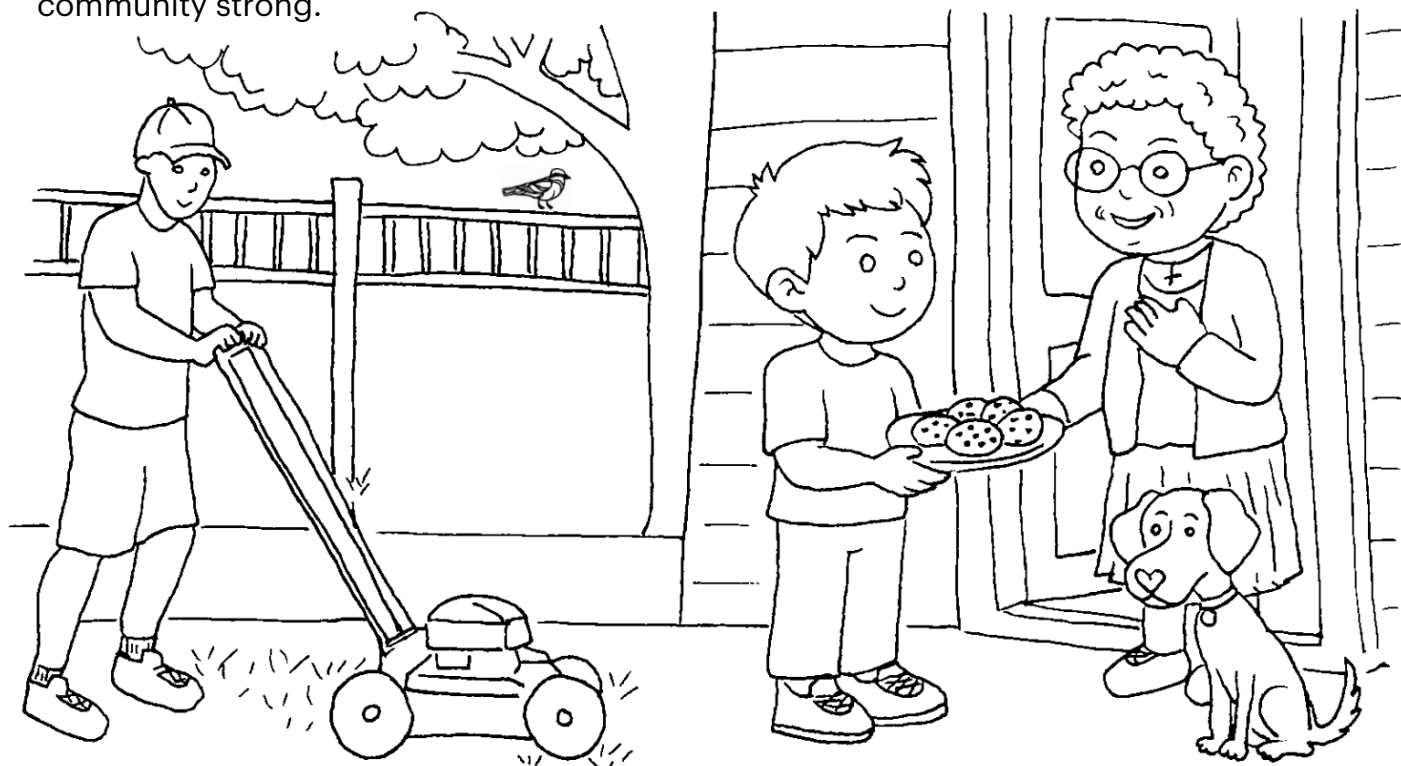
Determination and dependability also show respect for others and for yourself. When you stay committed and don't give up, you prove that kindness is more than just a feeling, it's a choice you make every day. Animals, friends, and teammates all rely on people who are trustworthy. Being determined helps you speak up for those who don't have a voice and being dependable shows that your actions match your words. That kind of strength is cool because it helps build a world where compassion, trust, and integrity lead the way. Think of the determination it takes to be a working dog, like a police or service dog—these animals train every day, stay focused despite distractions, and dependably help humans stay safe and supported. Their commitment reminds us that determination paired with kindness can truly make a difference.





# N – Nice and Neighborly

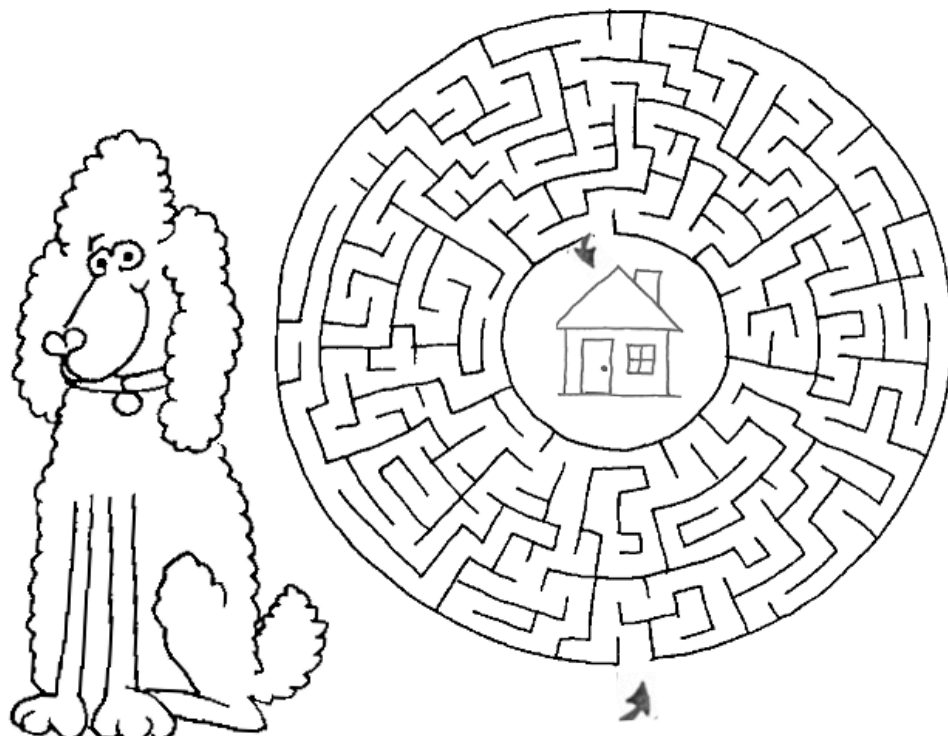
Kindness helps us care for animals, people, and our community. It makes the world safer, happier, and more connected. Being a good neighbor can be simple such as picking up the mail for someone on vacation, mowing a lawn for someone who needs help, or sharing homemade cookies with a kind card. Small acts show big care. Neighbors and animals thrive when people look out for one another. Helping neighbors keeps the whole community strong.



## Lost Pets Need Your Help!

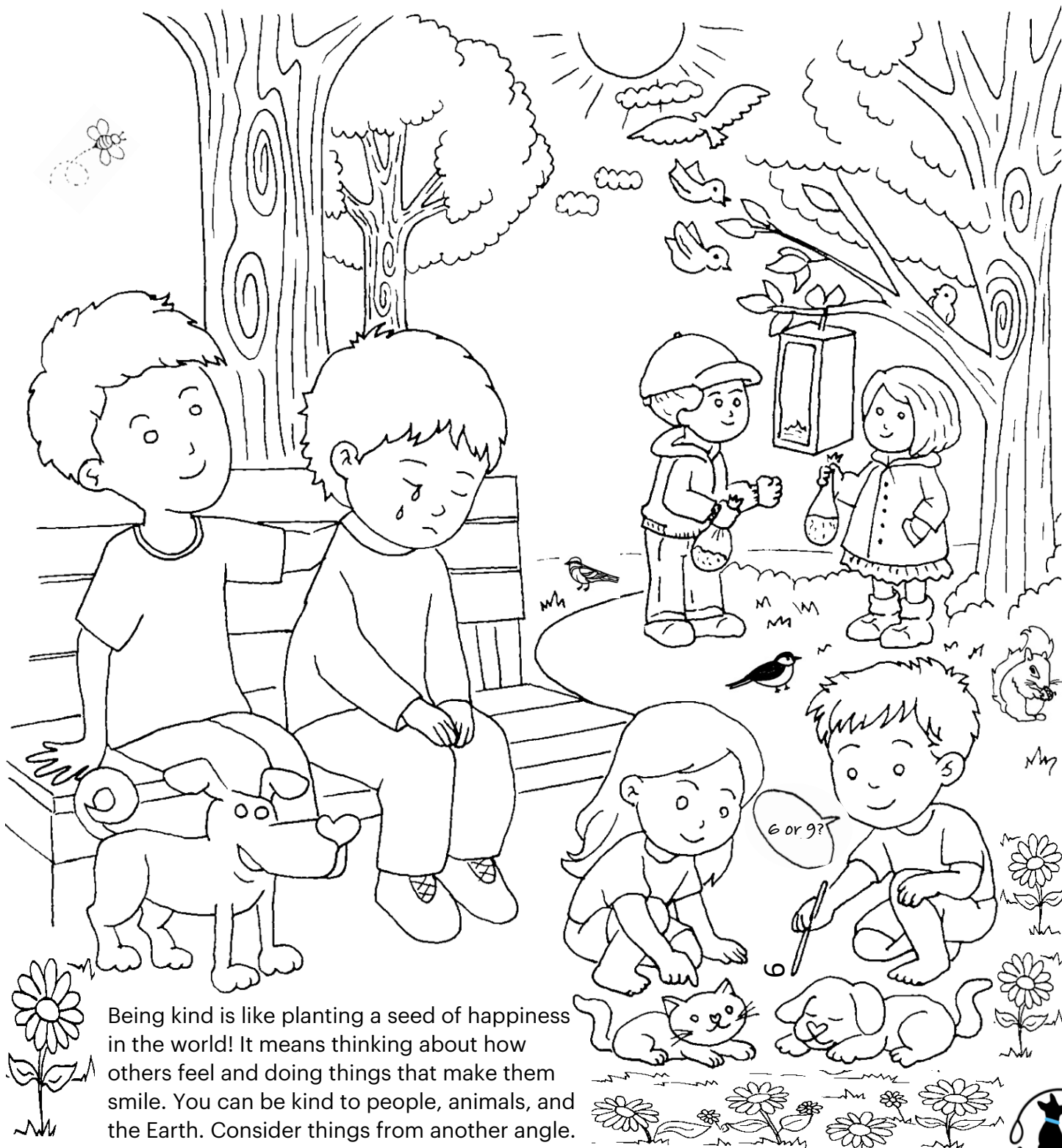
Can you help them find their way through the maze and back to their families? Check their collars for an ID tag.

A pet ID tag is a small tag that hangs on a pet's collar. It usually has the pet's name and their owner's phone number. If a pet gets lost, someone can look at the tag and know who to call.



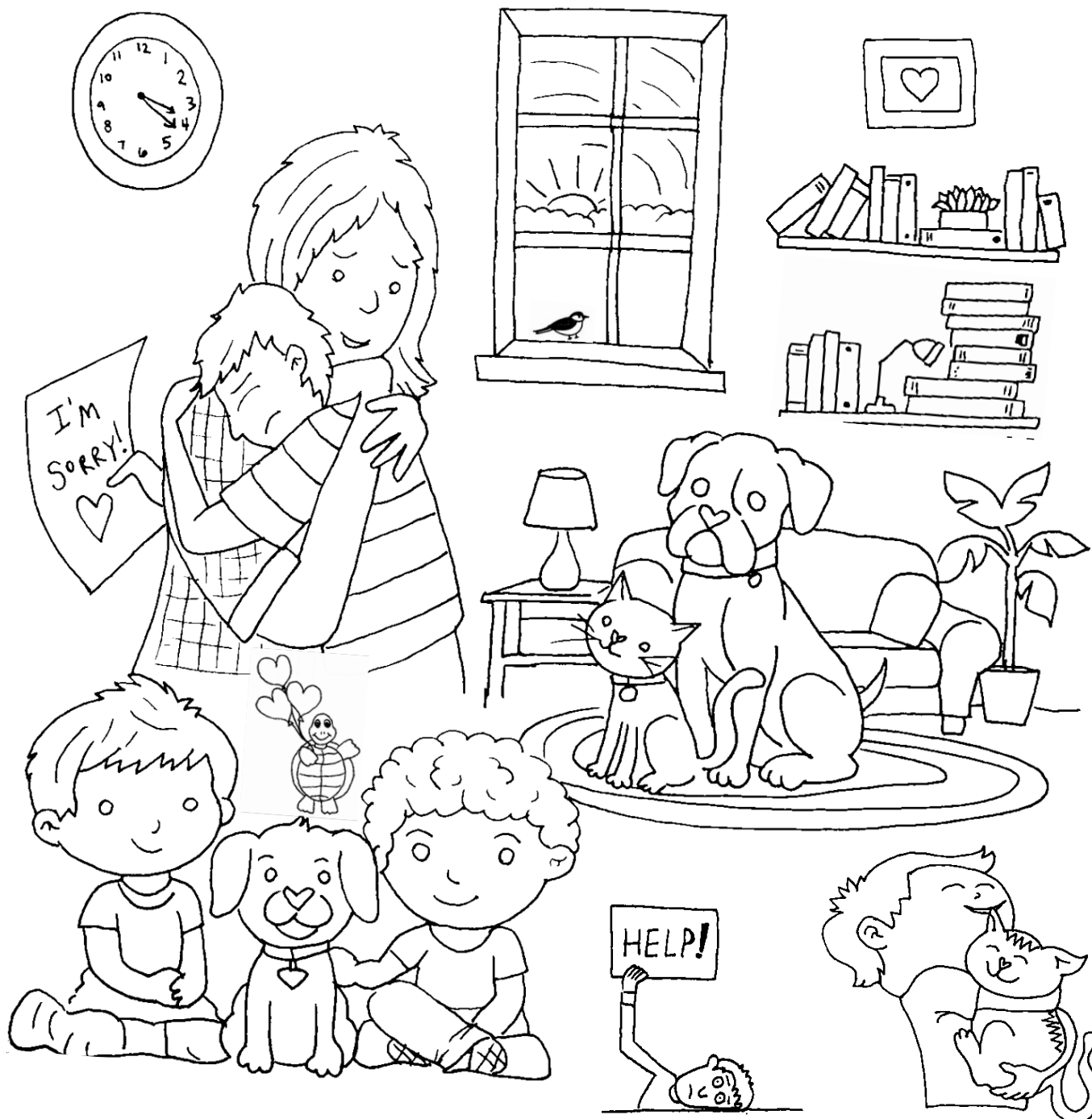
## E – Easily Empathetic

Empathy is understanding how someone else feels. It's like stepping into their shoes and imagining what they might be experiencing. Empathy helps us connect, be kind, and make the world better for both people and animals. Empathy helps prevent harm, encourages fairness, and strengthens friendships with people and animals. Empathy helps us take care of others in thoughtful ways.



# S – Selfless, Sensitive and Supportive

Being selfless means choosing to help even when it doesn't benefit you directly. Being sensitive means noticing when someone, human or animal, needs help. Support is shown by speaking up and helping when other's needs are not being met. A pet should never be left chained outside with no playtime or kept so skinny their bones show. Kindness means speaking up when others' needs aren't being met. When we speak up for others especially animals who cannot speak for themselves, we create a kinder world. When you help others, even quietly, you make the world kinder.



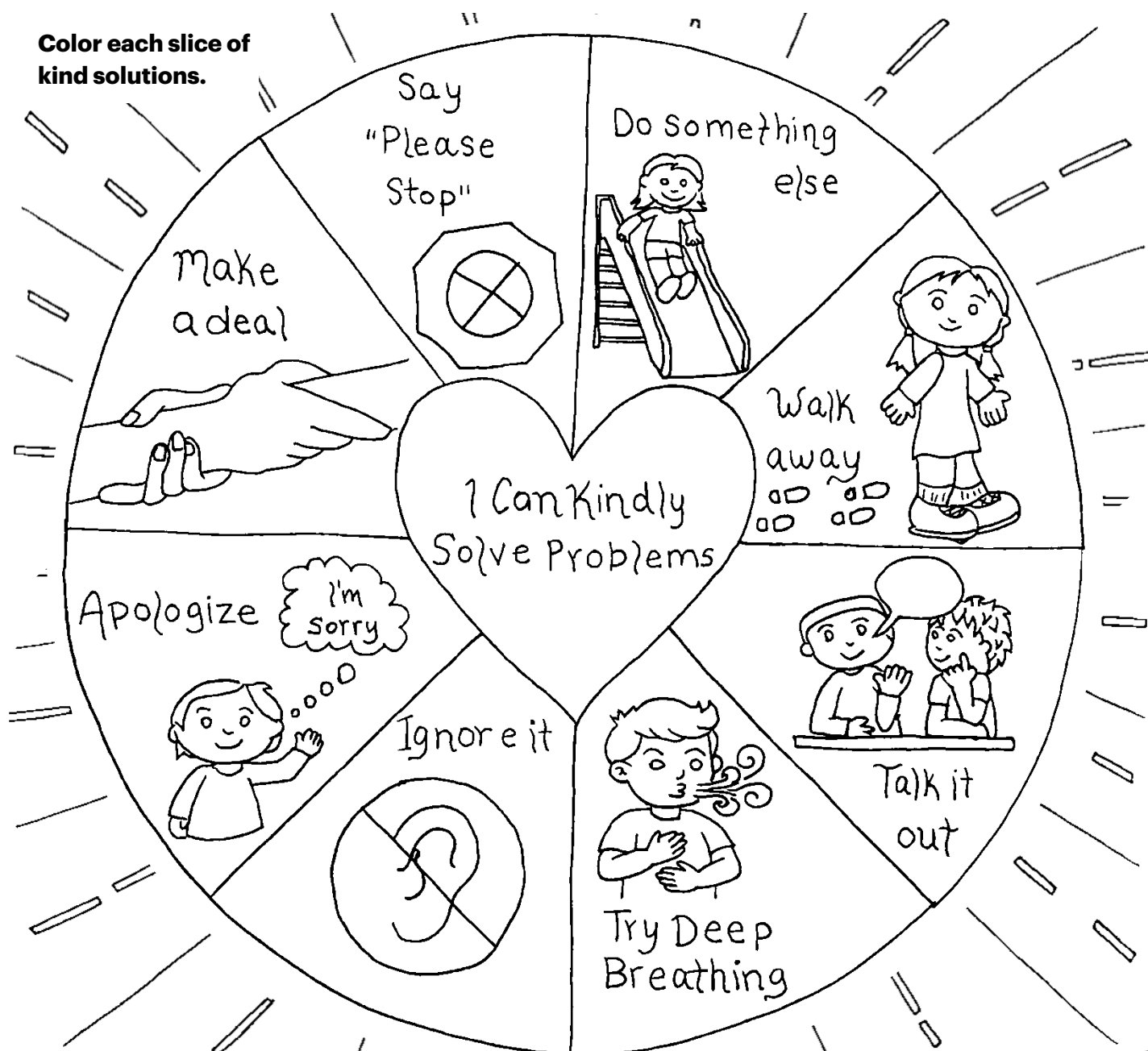
Every caring action, big or small, helps your friends feel seen, valued, and loved.



# S – Sympathetic with Kind Solutions

Sympathy means caring about how someone feels and wanting to help in a gentle, supportive way. Kind problem-solving means choosing calm, caring solutions instead of anger or blame. Kind conflict resolution helps everyone feel respected, safe, and valued. When you disagree with someone or something feels unfair, pause and take a deep breath. Try to understand the other person's point of view. You can use a *solution wheel* to find peaceful ways to solve the problem—like talking it out, taking turns, apologizing, or asking a trusted adult for help. Kind conflict resolution helps everyone feel heard, respected, and safe. When you choose kindness, even during tough moments, you turn problems into chances to learn, grow, and strengthen your friendships.

**Color each slice of kind solutions.**



**Kind choices during hard moments show big courage.**





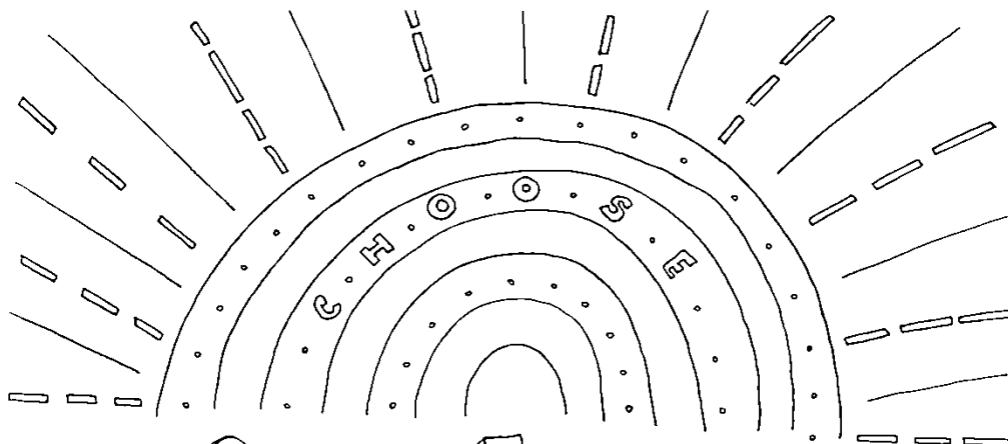
# Join the Kindness Club!



When we choose kindness every day, we become leaders of compassion, which is helpful to people, animals, and the planet. When you promise to be kind, you help build a more humane world.

## The Kindness Pledge

I pledge to myself,  
On this very day,  
To try to be kind,  
In every way.  
To every pet & person,  
Big or small,  
I will help them,  
If they fall.  
When I love myself,  
And others, too,  
That is the best,  
That I can do.



# Kindness

## Join the Kindness Club

I, \_\_\_\_\_,  
promise to show kindness in everything I do.



I will:

- Give my pets food, water, exercise, and love,
- Be gentle and calm around animals,
- Respect wildlife and their habitats,
- Help the environment by recycling and creating less waste,
- Ask permission before petting an animal,
- Pay attention to animal's body language,
- Visit an animal shelter when looking for a pet,
- Listen to my family and be helpful,
- Be kind to myself and others,
- Share what I have learned and pay kindness forward!



# Welcome to the Kindness Club!







# Certificate of Completion

**Presented to**

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Your Name

Has successfully completed this guide and knows that

***Kindness Counts!***

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Date of Completion



# Local Community Resource Page

Kindness helps us care for animals, people, and our community. When we show kindness, we make the world safer, happier, and more connected for everyone.

## **Animal Welfare Agency & Vet Clinic**

Monroe County Humane Association (MCHA)

[www.monroehumane.org](http://www.monroehumane.org)

Phone: (812) 333-6242

## **Local Animal Shelter**

Bloomington Animal Care & Control

[www.bloomington.in.gov/animal-shelter](http://www.bloomington.in.gov/animal-shelter)

Phone: (812) 349-3492

## **Homeless Shelter & Support**

Wheeler Mission — Bloomington

[www.wheelermission.org](http://www.wheelermission.org)

Phone: (812) 727-6300

## **Food Assistance**

Hoosier Hills Food Bank

[www.hhfoodbank.org](http://www.hhfoodbank.org)

Phone: (812) 334-8374

## **Police Department (Non-Emergency)**

Bloomington Police Department

[www.bloomington.in.gov/police](http://www.bloomington.in.gov/police)

Phone: (812) 339-4477

## **Fire Station**

Bloomington Fire Headquarters

Phone: (812) 332-9763

## **Crisis Help (24/7 Support)**

988 Suicide & Crisis Lifeline

[www.988indiana.org](http://www.988indiana.org)

Call or Text: 988

## **WildCare, Inc.**

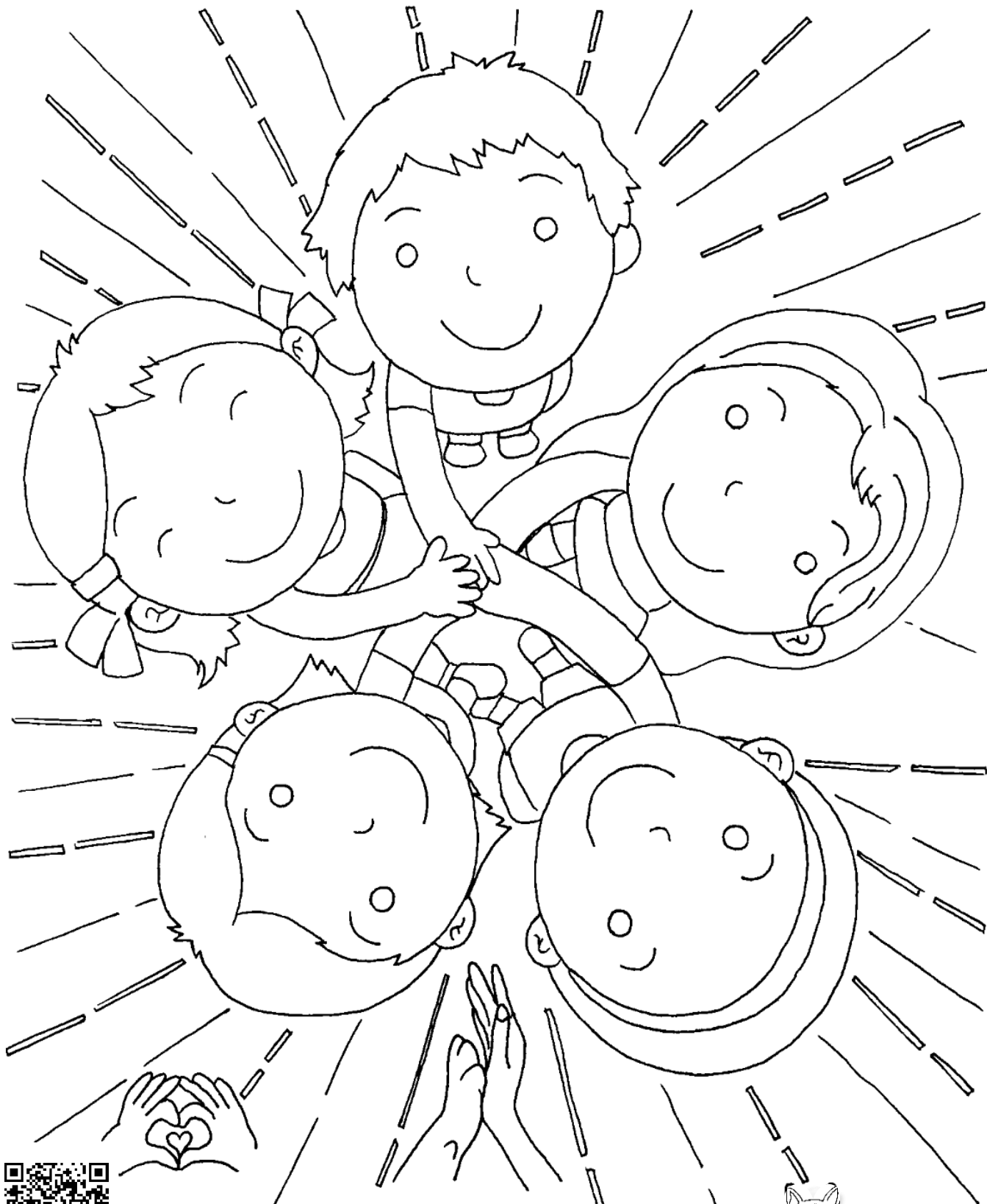
[www.wildcareinc.org](http://www.wildcareinc.org)

Phone: (812) 323-1313

*It is Cool to Be Kind!*



Kindness helps build safe, caring communities for both people and animals.  
Every small, gentle choice we make creates a world where everyone can thrive.  
In a world where you can be anything, be kind!



Review Us On  


High Five.  
Thank You for Reading!

