If I do not like what they gave me, I can keep that idea in my head. I do not need to say it out loud. I can tell my family later.

When I use kind words, it makes my family and friends happy, and lets them know I care about them.

If someone offers me something that I do not want, such as a food I do not like, I can say, “No, thank you,” with a gentle tone.

Saying “thank you” is part of being kind. I should say “thank you” if someone gives me something, like a drink or a present.

I should also say “thank you” if someone does something for me, like shares a toy or opens a door.

When I say polite words, I make other people feel good.