

Kindness

is my

Superpower

A children's
Book About Empathy,
Kindness
and Compassion



Alicia Ortego

Dedication

This Book is dedicated to my beloved Grandmother & Mother.
Their love and kindness have been my source of inspiration.

~ AO

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Hi, I'm Lucas, just an ordinary **boy**,
And this is Teddy, my favourite **toy**.

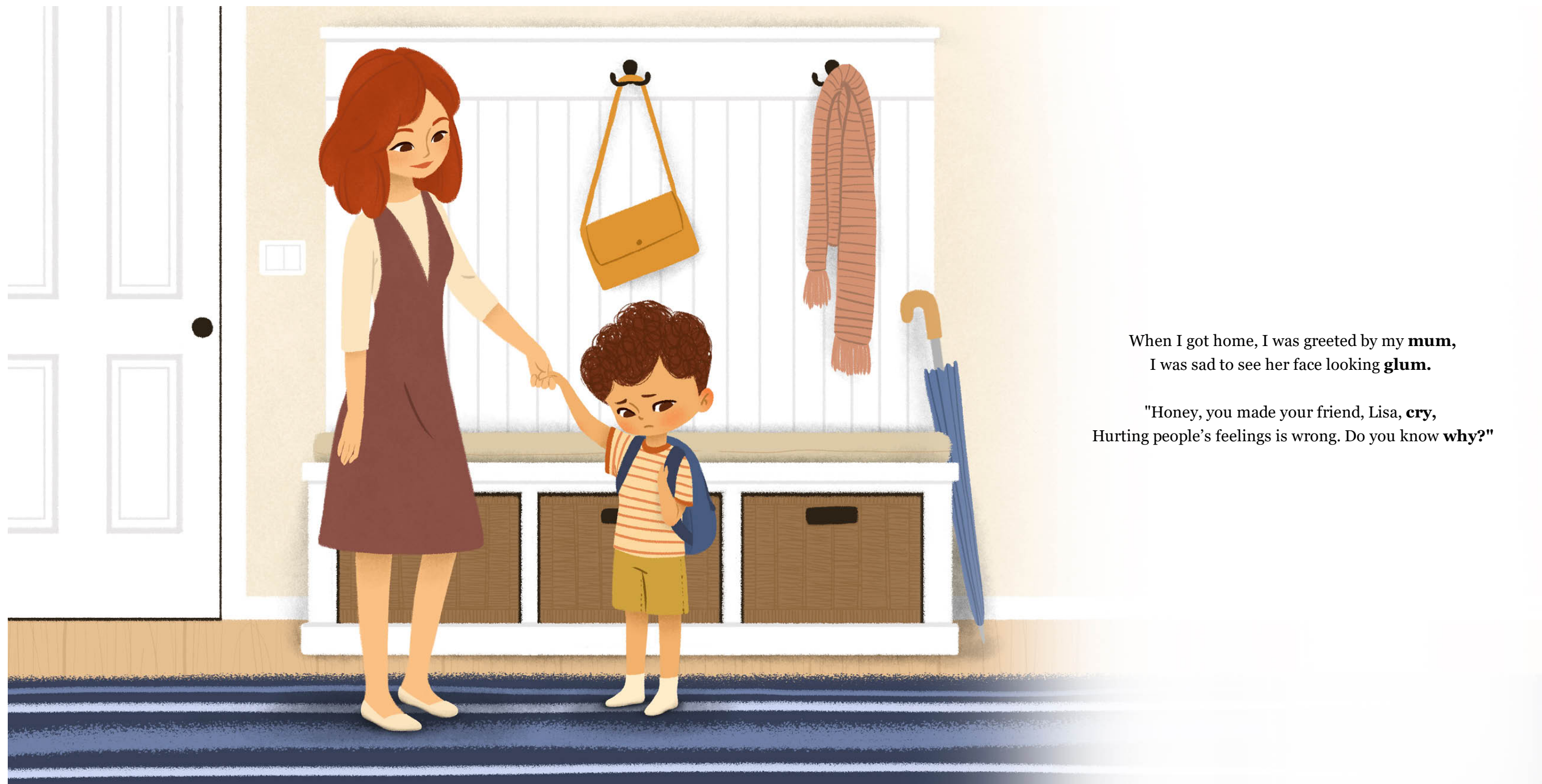
I like to eat sweets, jellies, and **cakes**,
But unfortunately, sometimes I make some **mistakes**.



You see, yesterday, I was in a very bad **mood**,
So sadly, I did something extremely **rude**.

I teased my friend, Lisa, for wearing **glasses**,
It made her cry for the rest of her **classes**.





When I got home, I was greeted by my **mum**,
I was sad to see her face looking **glum**.

"Honey, you made your friend, Lisa, **cry**,
Hurting people's feelings is wrong. Do you know **why**?"

"You should always be kind," my dear mother **said**,
I knew I'd done wrong, so I bowed my **head**.

"What does it mean to be kind?" I **implored**,
Mum hugged me tightly; when she did, my heart **soared**.



"Kindness is shown when you say
a gentle **word**,

Be kind to your sister,
and even a **bird**.



You can be kind to someone
who makes you **mad**,

You can be kind to someone
who is feeling **sad**.