Creativity Page

Move with Care

Think about someone in your community—a friend, family member, neighbor or classmate who might need extra care or kindness. How can you show care for them? What does kindness look like? How does it feel in your body when you give or receive care? Write a short story, poem or detailed list that explores these ideas. Then, revisit what you've written and note words that feel interesting, powerful or inspiring. Jot those words down in the box below. Finally, turn those words into gestures or movements. Put the movements together into a short dance, add a bit of music of your choice and share it with a friend or family member as a *moving* gift of care!



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words that inspire me: