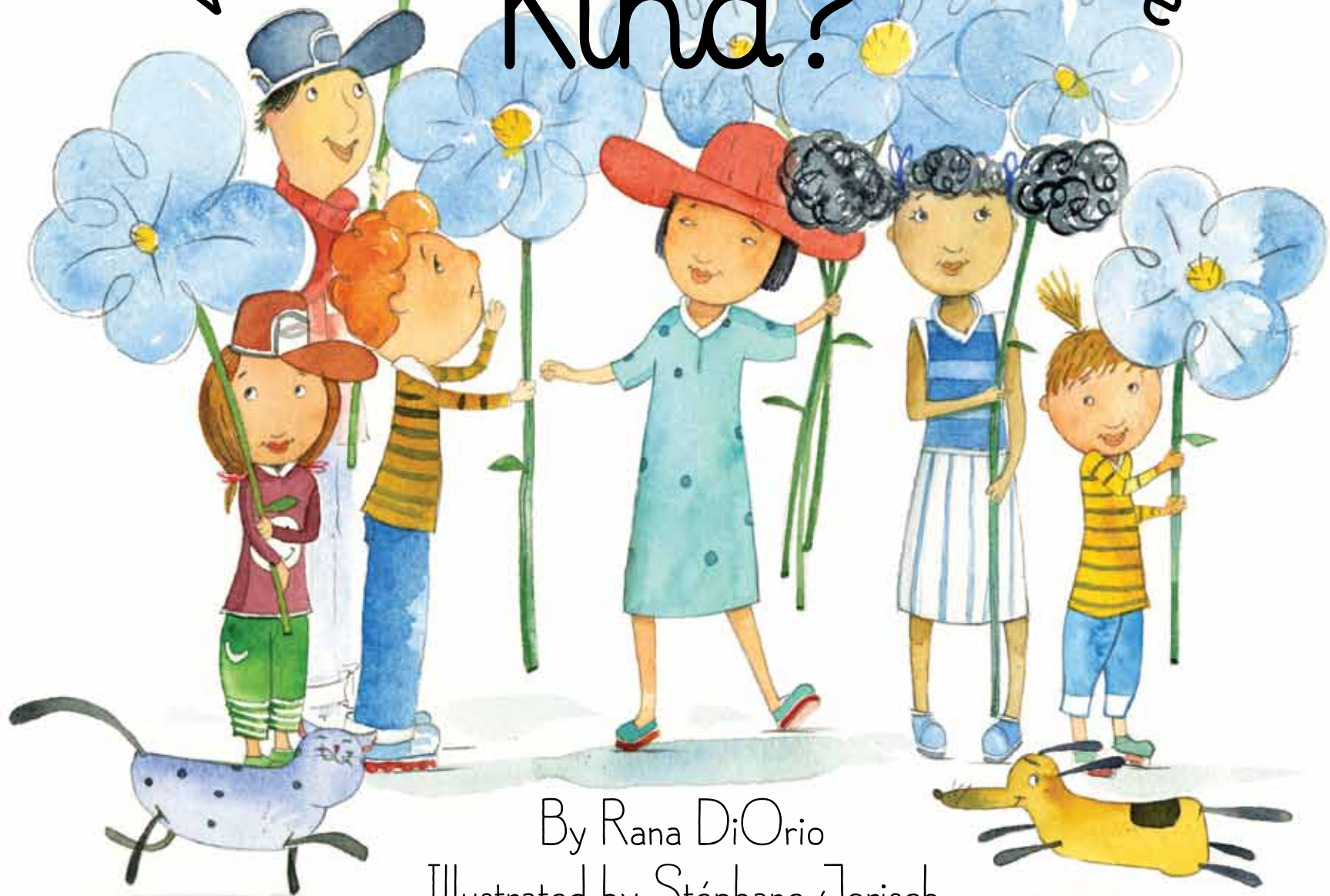
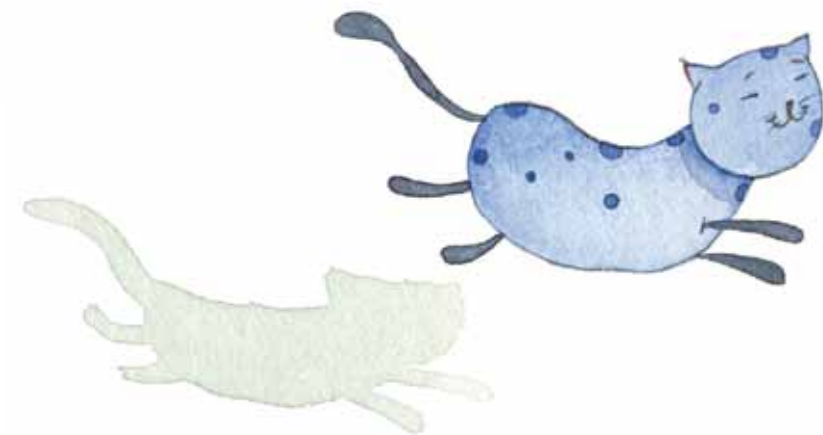
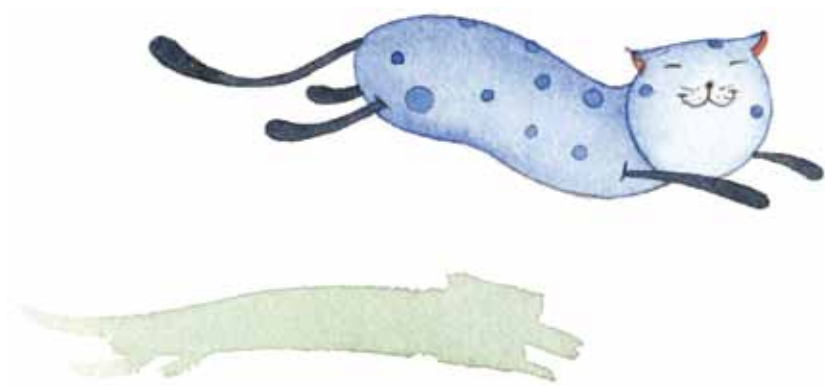


What Does It Mean To Be Kind?



By Rana DiOrio

Illustrated by Stéphane Jorisch



For my brother and hero, Damon, who is the kindest person I know
and who inspires me to be my best self.

– R.D.

To my mum and dad for all their support, interest, and kindness.

– S.J.

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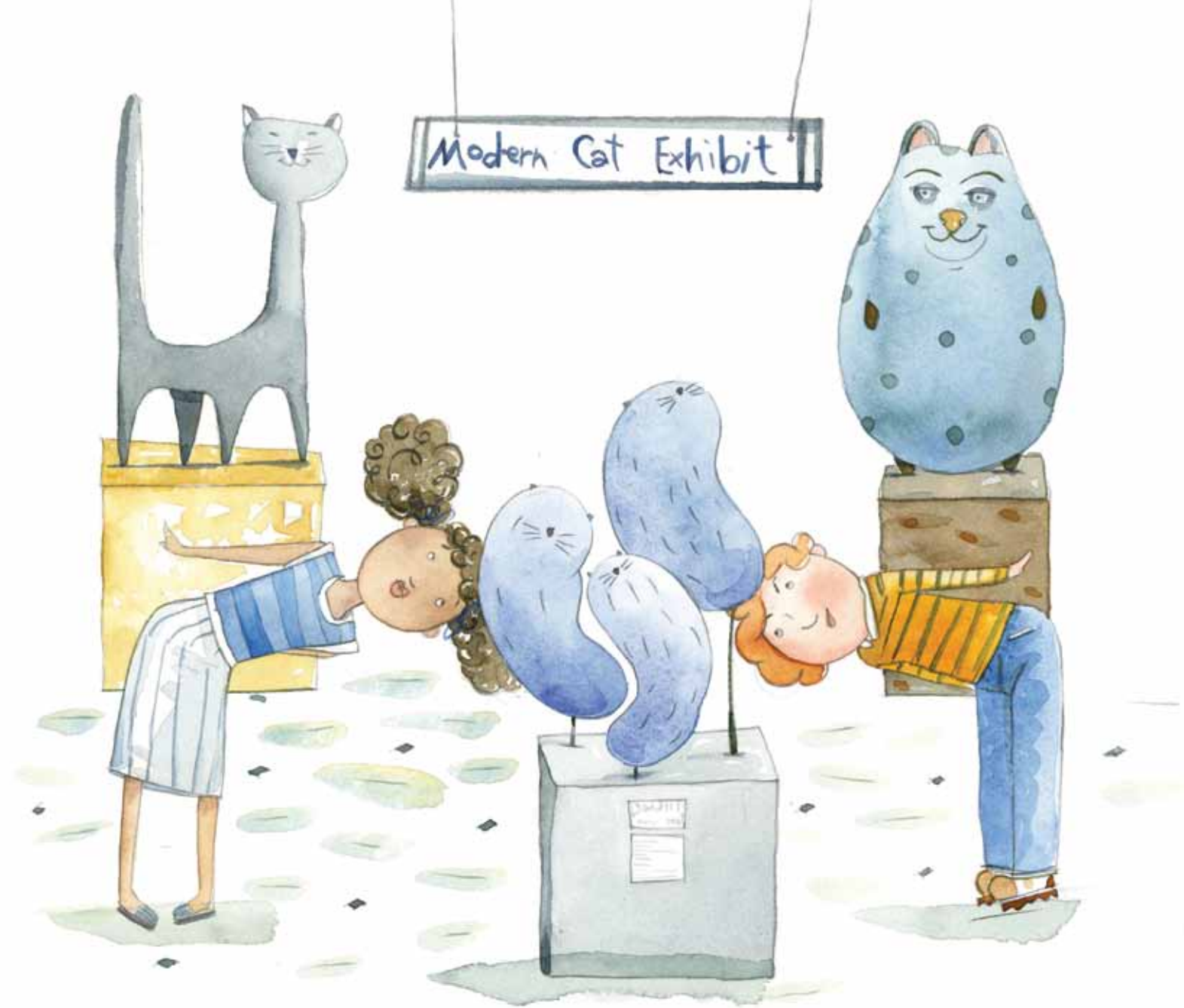


Does it mean being
a type or a category?
No.





Does it mean paying with something other than money? No.



Does it mean being “sort of” something? No!



Being kind means . . .

. . . smiling at the new student in the class.



... giving someone a compliment.

... holding the door open for someone else.



... sticking up for someone who is being bullied.



... seeing the best in people even when they are struggling to be their best.

... forgiving someone who has hurt you.



... helping an injured
or lost animal.



... celebrating differences in others.



... encouraging someone who needs support.



... picking up trash that isn't yours.

... allowing yourself to make and learn from your mistakes.



... noticing when someone is sad and taking the time to understand why.



... caring for those less fortunate than you are.



Being kind means having the courage

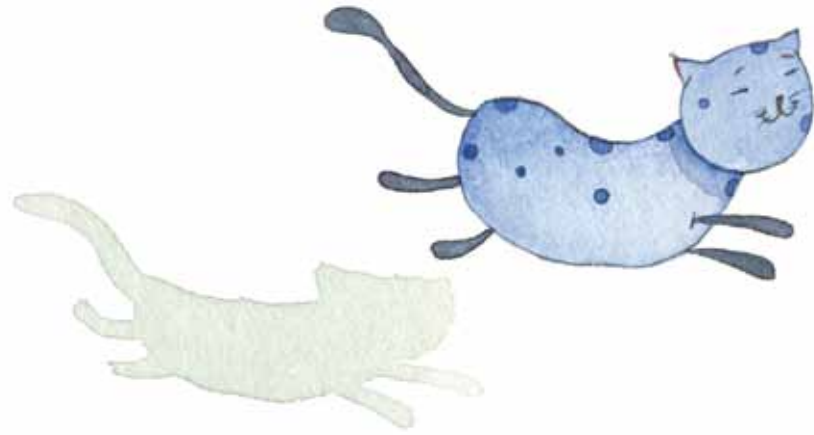


to treat others the way you like to be treated.



So show your friends what it means to be kind.

And spread the word—
if we can all be kind to each other and to ourselves,
our world will be more loving, caring, and harmonious.



Our Mission

Little Pickle Press is dedicated to helping parents and educators cultivate conscious, responsible little people by stimulating explorations of the meaningful topics of their generation through a variety of media, technologies, and techniques.

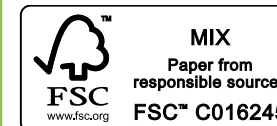
Little Pickle Press Environmental Benefits Statement

This book is printed on New Leaf Reincarnation Paper. It is made with 100% recycled fiber and 100% post-consumer waste and Green Power. It is FSC®-certified, acid-free, and ECF (Elemental Chlorine-Free). All of the electricity required to manufacture the paper used to print this book is matched with RECs (Renewable Energy Credits) from Green-e® certified energy sources, primarily wind.

Little Pickle Press saved the following resources in green paper:

trees	energy	greenhouse gases	wastewater	solid waste
Post-consumer recovered fiber (PCRf) displaces wood fiber with savings translated as trees.	PCRf content displaces energy used to process equivalent virgin fiber.	Measured in CO ₂ equivalents, PCRf content and Green Power reduce greenhouse gas emissions.	PCRf content eliminates wastewater needed to process equivalent virgin fiber.	PCRf content eliminates solid waste generated by producing an equivalent amount of virgin fiber through the pulp and paper manufacturing process.
21 trees	9 mil BTUs	1,776 lbs	9,633 gal	645 lbs

Calculations based on research by Environmental Defense Fund and other members of the Paper Task Force and applies to print quantities of 7,500 books.



B Corporations are a new type of company that use the power of business to solve social and environmental problems. Little Pickle Press is proud to be a Certified B Corporation.

We print and distribute our materials in an environmentally-friendly manner, using recycled paper, soy inks, and green packaging.





About the Author

Rana DiOrio aspires to be kind each and every day. “The single most important value I hope to teach my children is to be kind,” Rana proclaims. “To me, being kind is about following The Golden Rule—that is, treating others the way you would like to be treated,” she explains. Rana and her children practice random acts of kindness at home and reward one another with “kind karma” points. “Positively reinforcing and celebrating kindness feels resonant and inspires further kind acts,” Rana observes. “And kindness is the foundation to an altruistic global community.”

Rana has written her way through life—as a student, a lawyer, an investment banker, a private equity investor, and now as an author and publisher of award-winning children’s media. Her interests include practicing yoga, reading non-fiction and children’s books, dreaming, helping entrepreneurs to realize their dreams, effecting positive change in the world, and, of course, being global, green, present, safe, and kind. She lives in San Francisco, California, with her Cowboy and three Little Pickles. Follow Rana DiOrio on Twitter @ranadiorio.

About the Illustrator

Stéphane Jorisch was born in Brussels, Belgium, and grew up in Lachine, Quebec, where his father, an illustrator of European comic strips, introduced him to illustrative art at a young age. Jorisch, whose illustration work is most often produced in watercolor, gouache, and pen and ink, has won many awards, including the prestigious Canadian Governor General’s Award for Children’s Illustration and the Toronto Dominion Canadian Children’s Literature Award. The illustrator of over eighty books for Canadian, European, and US publishers, some of his recent titles include *New Year at the Pier* by April Halprin Wayland, the *Betty Bunny* series by Michael B. Kaplan, and *My Father Knows the Names of Things* by Jane Yolen. In addition to his work for young readers, Stéphane Jorisch also illustrates for magazines and has created designs for the renowned Cirque du Soleil. He lives in Montreal with his wife and their three children.





"*What Does It Mean to Be Kind?* is a beautiful book with a beautiful message. In language that is inspirational and never didactic, and illustrated with extraordinary grace, the book shows young children how easy it is to be kind through small acts and in simple ways. It takes a lofty concept like kindness and makes it not only attainable, but enjoyable. Cool beans!"

—**R.J. Palacio**, author of #1 NYT bestseller *Wonder*

"We ask our children to be kind, but what does that really mean? *What Does It Means To Be Kind?*, with its engaging illustrations and endearing characters, gives children the tools they need to enact positive behavior in real life."

—**Kathryn Otoshi**, award-winning author of *One*

"A wonderful book that teaches us all the healing power of kindness."

—**Leon Logothetis**, author of *The Kindness Diaries*

"With simple, straightforward text and adorable illustrations, this book is a great go-to resource for parents and caregivers to help young children easily understand what acts of kindness are all about. Love it!"

—**Trudy Ludwig**, best-selling author of *The Invisible Boy* and *My Secret Bully*

"With thoughtful and engaging language and beautifully illustrated by Stéphane Jorisch, Rana DiOrio's *What Does It Mean To Be Kind?* invites readers to explore what kindness means for them in the context of their everyday lives. This book makes the concept of kindness come alive and promises to inspire conversations about acts of kindness for readers of all ages."

—**Fretta Reitzes**, Director of the 92nd Street Y's Goldman Center for Youth & Family and the Wonderplay Early Childhood Initiative



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