KIND TO ME

Which way do you like to receive kindness or like to be shown the you are valued. Take the quiz below to find out.

Simply circle the option you like the most from each of the 10 questions in the table below.

1	**A** I like to receive happy messages	2	**D** I like it when you help me out with my homework
	C I really like it when I get presents		**B** I like to hang out with you
3	**E** I like it when I get a hug	4	**C** Gifts are always special to me
	A I like when kind words are said to me		**B** I like to go places with you
5	**E** I love high fives from my coach	6	**A** I like it when you tell me I played well
	D I like when you show me a drill more than when you explain it to me		**B** I like to be with someone when I do things
7	**E** I like a hug when I lose a game	8	**D** I appreciate when you stay back after training to help me
	C I know you are thinking of me when you give me a gift.		**A** I like it when I'm told that you liked how hard I trained
9	**D** I like it when you do things to help me	10	**E** I like a pat on the back when I have done something well
	C I feel loved when you celebrate my wins with a gift		**B** I like it when you take time to understand how I am feeling

Add how many times you circled each letter and put the number in the boxes below

A	B	C	D	E

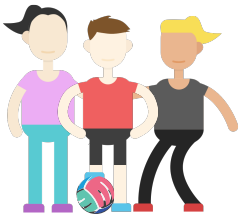
KIND TO ME

How do you like to receive kindness? There are 5 types of ways we all like to receive value or kindness; Words of affirmation, Quality time, Receiving gifts, Acts of service and Physical contact. So which one are you?



A

TELL ME I'M AWESOME' Words of Affirmation
If you scored the most points for A, then you love it when people praise you and tell you how good you are. You also like it when people motivate you with words too, like your family cheering you on from the sideline.



B

HANGING OUT IS MY FAVOURITE THING! Quality Time
If you scored the most points for B, then you love to hang out with people. You feel great when your team mates just want to be with you. When you are feeling low it is being around your friends that makes you happy.



C

I LOOOVE GETTING PRESENTS! Receiving Gifts
If you scored the most points for C, then you love it when you are given a gift. Big or small, it doesn't need to be expensive either. You really appreciate that they have thought of you. Like when someone buys you a fruit smoothie after a hard game, it makes you feel appreciated.



D

IT'S GREAT WHEN YOU DO THINGS FOR ME! Acts of Service
If you scored the most points for D, then you really appreciate it when someone lends a helping hand. Like having your team mate carry your bag after a tough game. It makes you feel cared for.



E

I'LL TAKE THAT HUG NOW... GROUP HUG! Physical Contact/Touch
If you scored the most points for E, then you just love a hug, a high five, or a pat on the back. You are the first person to call for a team huddle, after all it is like one big group hug. It makes you feel safe and cared for.