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| kindness    | The quality of being kind. Somebody can show kindness by doing kind things.                        |
| painful     | When something causes pain. An injury can feel painful.  |
| shameful    | When somebody does something that they should feel guilty or ashamed about.                        |
| sadness     | When you feel unhappy. You might say you feel sadness or you are 'filled with sadness'.            |
| harmful     | When something causes harm to a person or animal. It could be something that has caused an injury. |
| useful      | Something that can be used, helpful or practical. Plastic is a useful material.                    |
| helpfulness | When you do something that helps somebody else, you show helpfulness.                              |
| colourful   | When something is very brightly coloured or has lots of colours. Plastic can be colourful.         |
| awareness   | Being aware of or knowing about something. We have an awareness of how dangerous plastic can be.   |
| thankful    | Feeling or showing thanks. You are grateful to somebody.   |