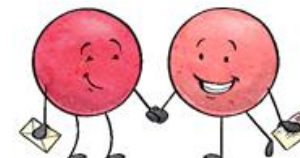




Ways to Show Kindness

Name: _____

Date: _____



I Can Show Kindness!

<p>Let someone else go first</p>	<p>Give a kind compliment</p>	<p>Say "good morning!"</p>	<p>Say "hi" to someone</p>	<p>Tell someone "thank you"</p>
<p>Share with someone else</p>	<p>Offer to help someone out</p>	<p>Invite someone to join you</p>	<p>Give someone a high-five</p>	<p>Write a compliment list about yourself</p>
<p>Ask someone how they are</p>	<p>Work with someone new</p>	<p>Hold the door open</p>	<p>Do an extra chore</p>	<p>Forgive someone for a mistake</p>
<p>Help clean up</p>	<p>Spend time with a friend</p>	<p>Write a kind note</p>	<p>Help someone having a tough day</p>	<p>Just listen to a friend</p>

Educator Guide

Why should I teach kindness?

Kindness matters! It is a critical social emotional skill that all humans need to feel happy and connected with others. By teaching and discussing kindness on a regular basis, we can encourage a more positive climate for all. Use this kindness activity to help kids and young adults find simple ways they can be kind throughout the day and the year.

How can I use this activity?

First, discuss kindness. Ask students to remember a time someone was kind to them. Encourage them to think about and discuss how that act made them feel. Next, ask students to think about a time when they were kind to someone else.

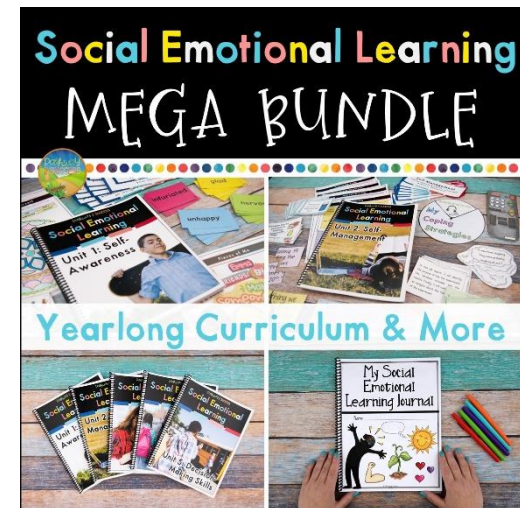
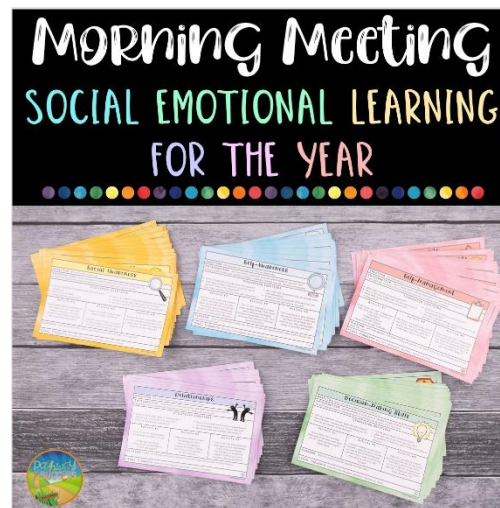
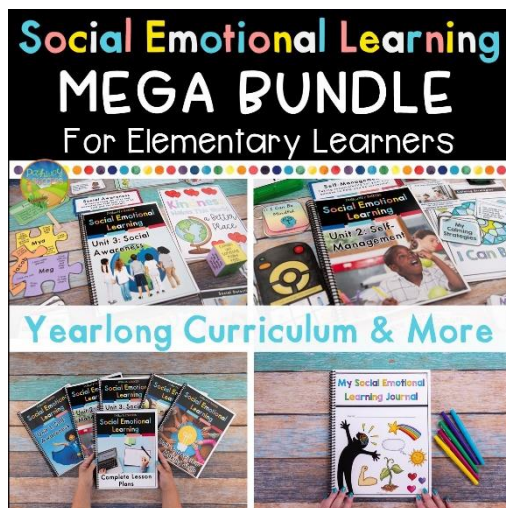
Discuss how one act of kindness can create a chain of kindness. When someone is kind to you, it makes it easy to want to pass that kindness on. Have students come up with examples of kindness. List these on the board.

After discussing kindness, there are some different ways you can use the worksheet included:

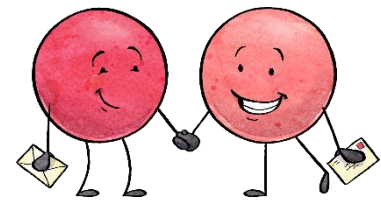
1. **READ AND DISCUSS:** Read through each kind act. Have students color it in if it is something they have done recently.
2. **KINDNESS CHALLENGE:** Read through each kind act and make it a weekly challenge for students to complete all sections on the page. Each time they complete a kind act, have them color that square in.
3. **MAKE YOUR OWN KINDNESS CHALLENGE:** Have students use the blank sheet to write in each time they complete a kind act. Students can list and/or color in the kind act. Make it a challenge to complete 20 kind acts by the end of the week or month.

How else can I promote a climate of kindness?

One of the best ways to create a climate of kindness is to integrate and teach social emotional learning throughout the entire year. Use the resources and activities below to start!



Name: _____ Date: _____



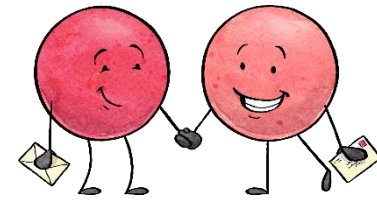
I Can Show Kindness!

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<p>Share with someone else</p>	<p>Offer to help someone out</p>	<p>Invite someone to join you</p>	<p>Give someone a high-five</p>	<p>Write a compliment list about yourself</p>
<p>Ask someone how they are</p>	<p>Work with someone new</p>	<p>Hold the door open</p>	<p>Do an extra chore</p>	<p>Forgive someone for a mistake</p>
<p>Help clean up</p>	<p>Spend time with a friend</p>	<p>Write a kind note</p>	<p>Help someone having a tough day</p>	<p>Just listen to a friend</p>

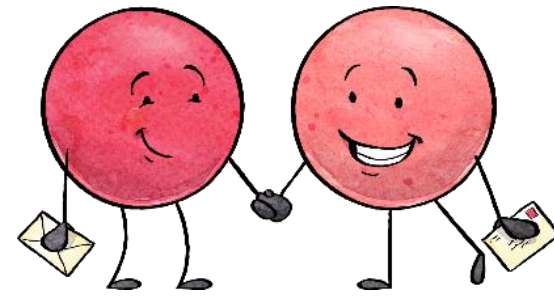
Name: _____

Date: _____

I Can Show Kindness!



12 Ways to Show Kindness

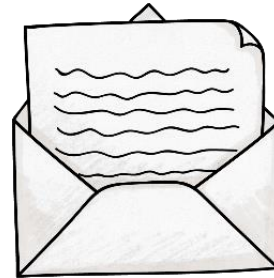


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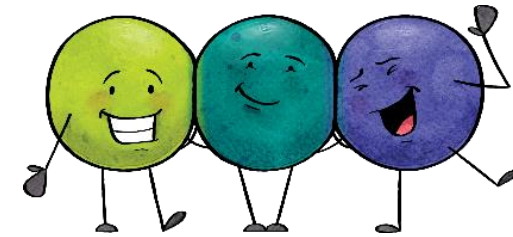
Just listen to a friend



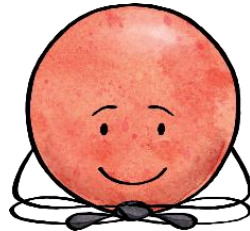
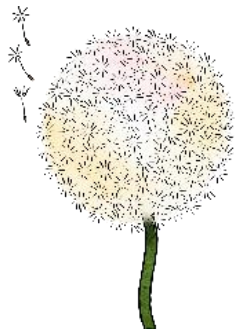
Write someone a kind note



Invite someone to join you



Forgive someone for a mistake

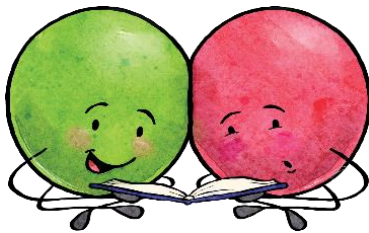


Let someone else go first

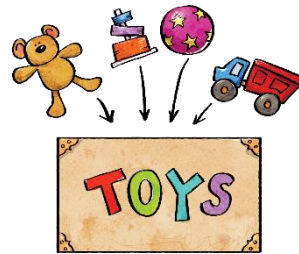


Give someone a high-five

Work with someone new



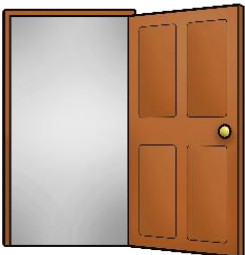
Help clean up



Help someone having a tough day



Hold the door open for others

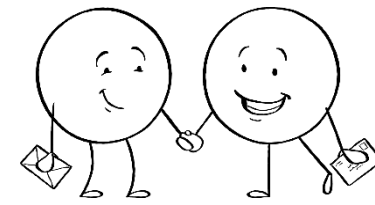


Do an extra chore

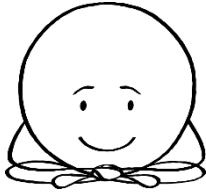
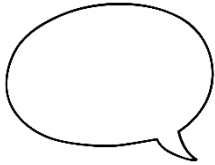
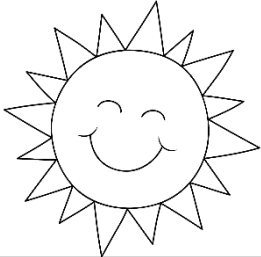
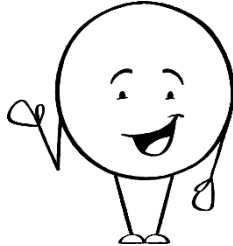

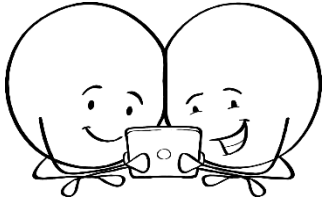
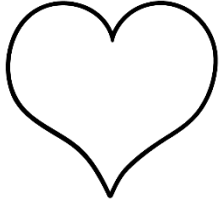
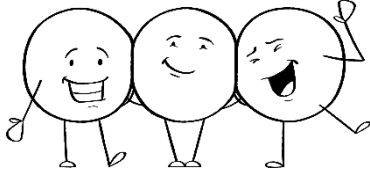


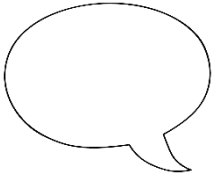
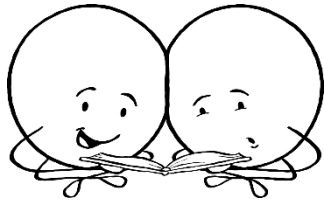
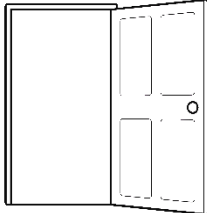


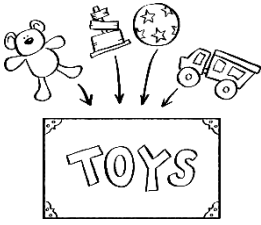

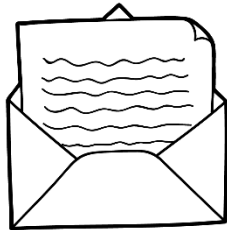




Spend time with a friend

Name: _____ Date: _____

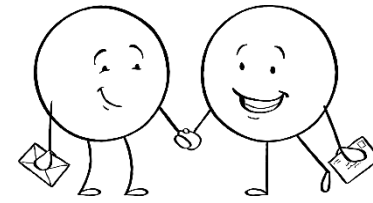


I Can Show Kindness!

<p>Let someone else go first</p> 	<p>Give a kind compliment</p> 	<p>Say "good morning!"</p> 	<p>Say "hi" to someone</p> 	<p>Tell someone "thank you"</p> 
<p>Share with someone else</p> 	<p>Offer to help someone out</p> 	<p>Invite someone to join you</p> 	<p>Give someone a high-five</p> 	<p>Write a compliment list about yourself</p> 
<p>Ask someone how they are</p> 	<p>Work with someone new</p> 	<p>Hold the door open</p> 	<p>Do an extra chore</p> 	<p>Forgive someone for a mistake</p> 
<p>Help clean up</p> 	<p>Spend time with a friend</p> 	<p>Write a kind note</p> 	<p>Help someone having a tough day</p> 	<p>Just listen to a friend</p> 

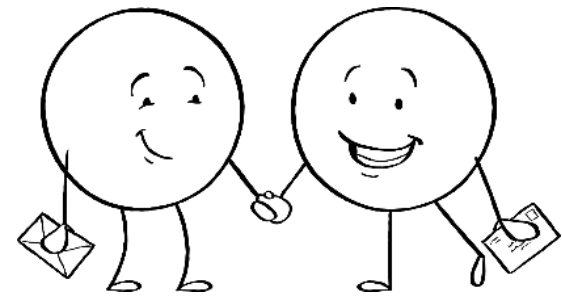
Name: _____

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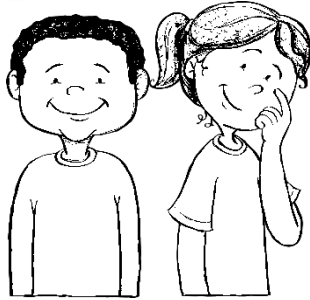
I Can Show Kindness!

12 Ways to Show Kindness

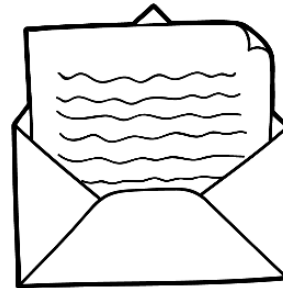


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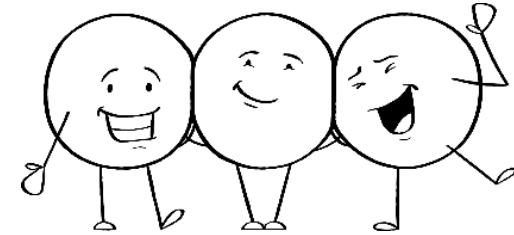
Just listen to a friend



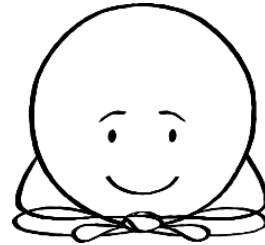
Write someone a kind note



Invite someone to join you



Forgive someone for a mistake

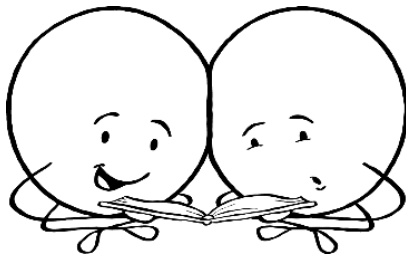


Let someone else go first

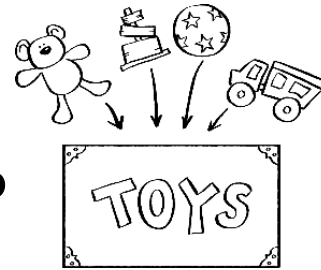


Give someone a high-five

Work with someone new



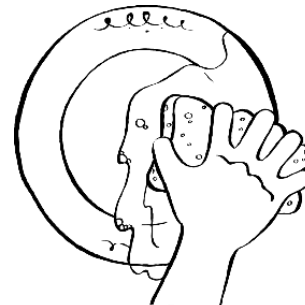
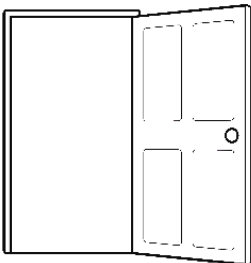
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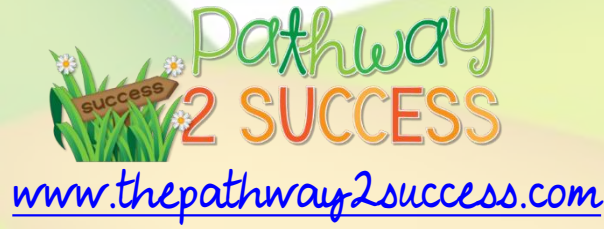
Spend time with a friend

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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