



Kindness & Community Kit

 Big Life Journal

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5 day KINDNESS Challenge

To complete this challenge, choose a challenge buddy and go through the activities together. Once you complete each activity, put a checkmark next to it below.



MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____


When we complete this challenge we will celebrate by _____

- ☐  5 Ways I Can Show Kindness Today
- ☐  Compliment Circle
- ☐  I See The Good In Others
- ☐  I Am Kind To The World
- ☐  I Am Kind To Me



5 WAYS I CAN SHOW KINDNESS today

Color a square as you complete kind acts throughout your day.
Add your own kind acts in empty squares. Make sure to complete at least 5 squares!

Hold the door for someone		Say hello to a stranger	Let someone go first
Tell someone you appreciate them			Offer someone help
Invite someone new to play with you			
Tell a joke to cheer someone up	Call a relative and ask about their day	Tell someone why they are special to you	Give someone a compliment



Compliment Circle

Invite others to join this activity. Print enough sheets for everyone and sit in a circle. Write your name below then pass the paper to the person next to you. Complete the sentences below about the person whose name is written on the top. Continue until YOUR sheet comes back to you and read what others wrote.

NAME _____

I appreciate when you

One thing I like about you is

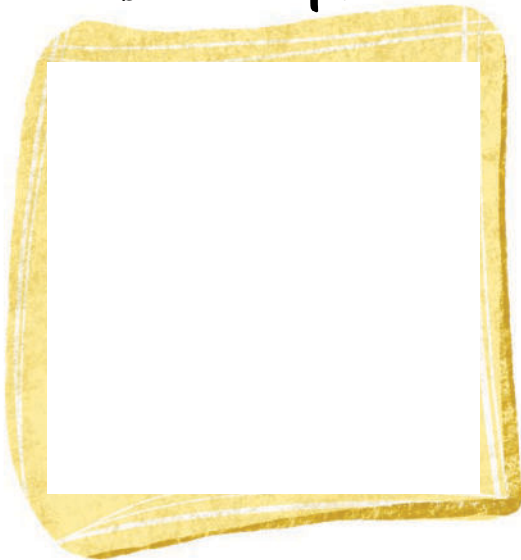
I think you're great at

day 3 "I see the GOOD in Others"

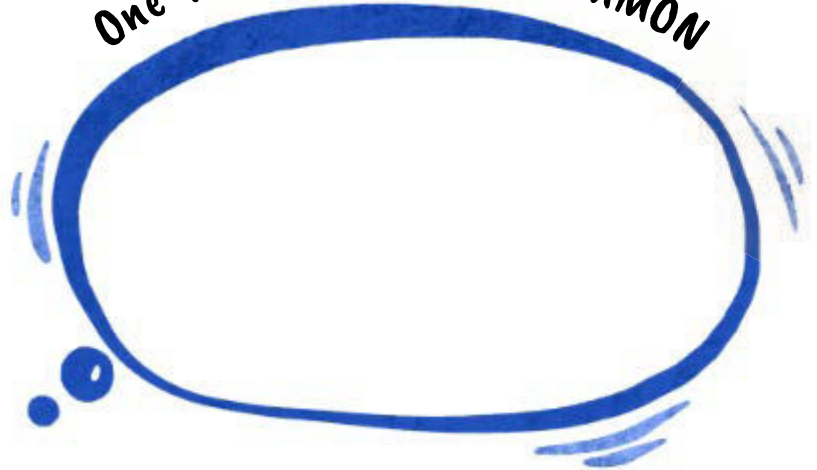
It's important to look for the good in others and be kind to each other despite differences.
Think of someone who made you upset or mad recently and complete this page.

Person's name _____

One **UNIQUE** thing
about this person



One thing we have in **COMMON**



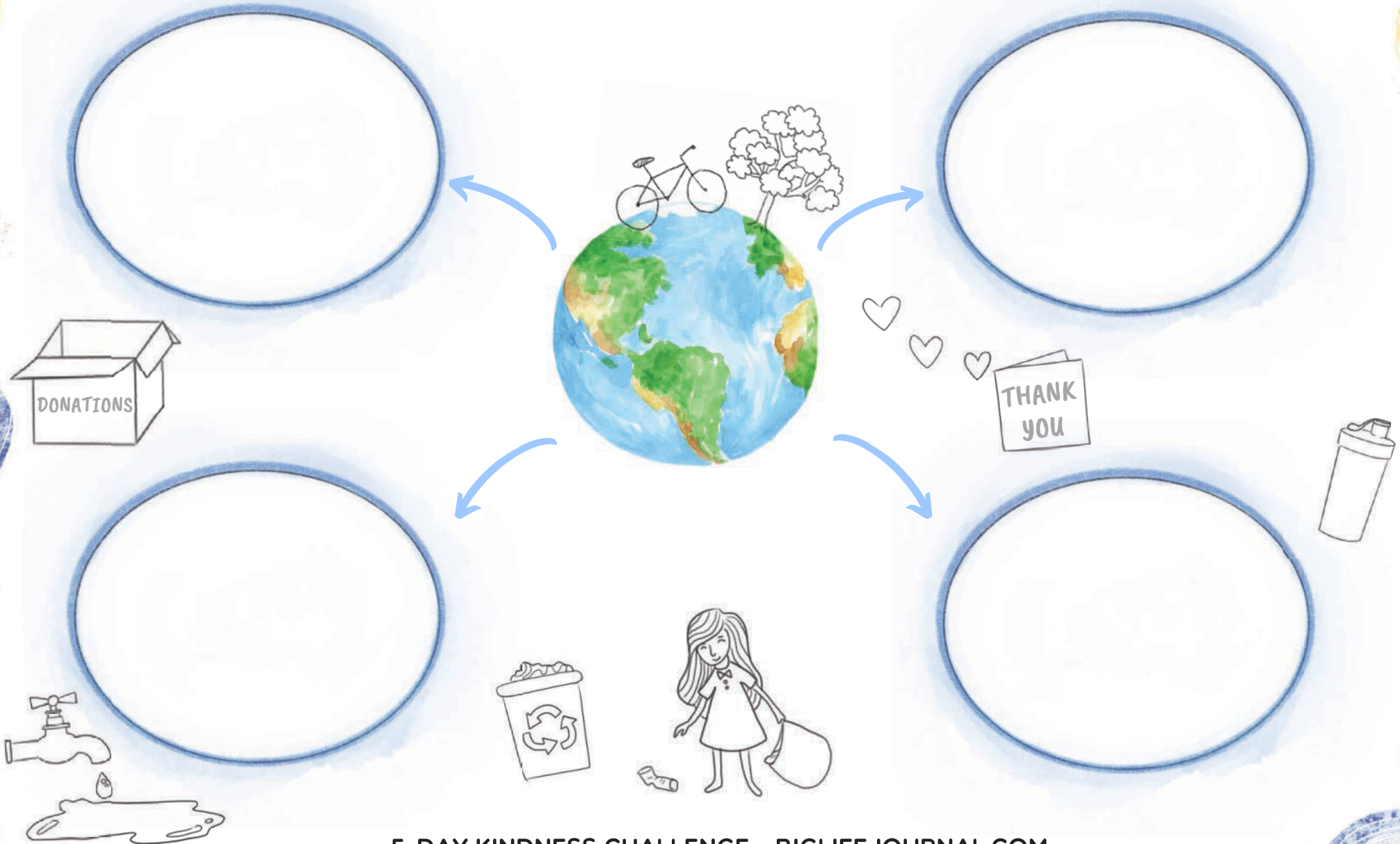
One thing I **LIKE** about this person

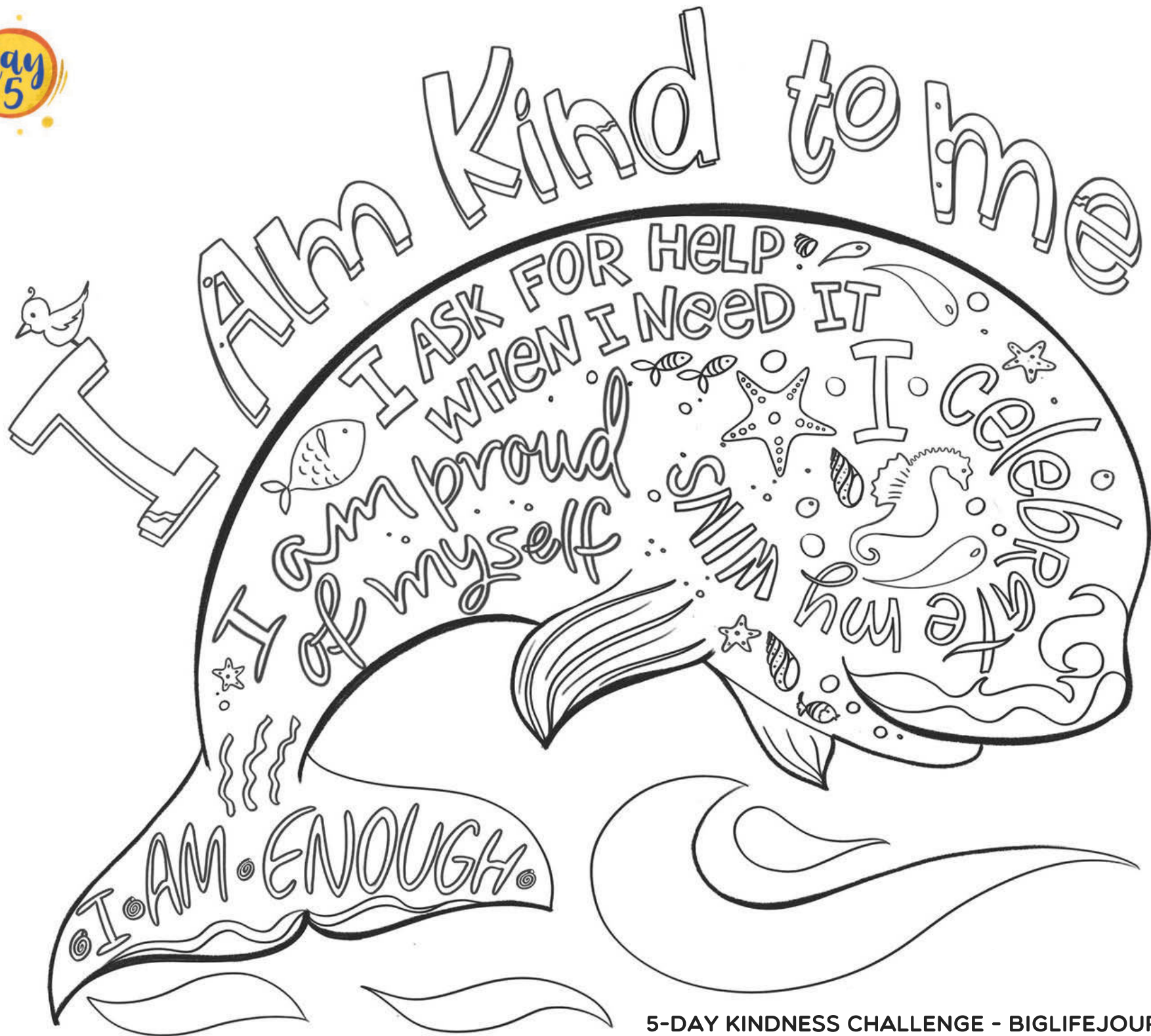


day
4

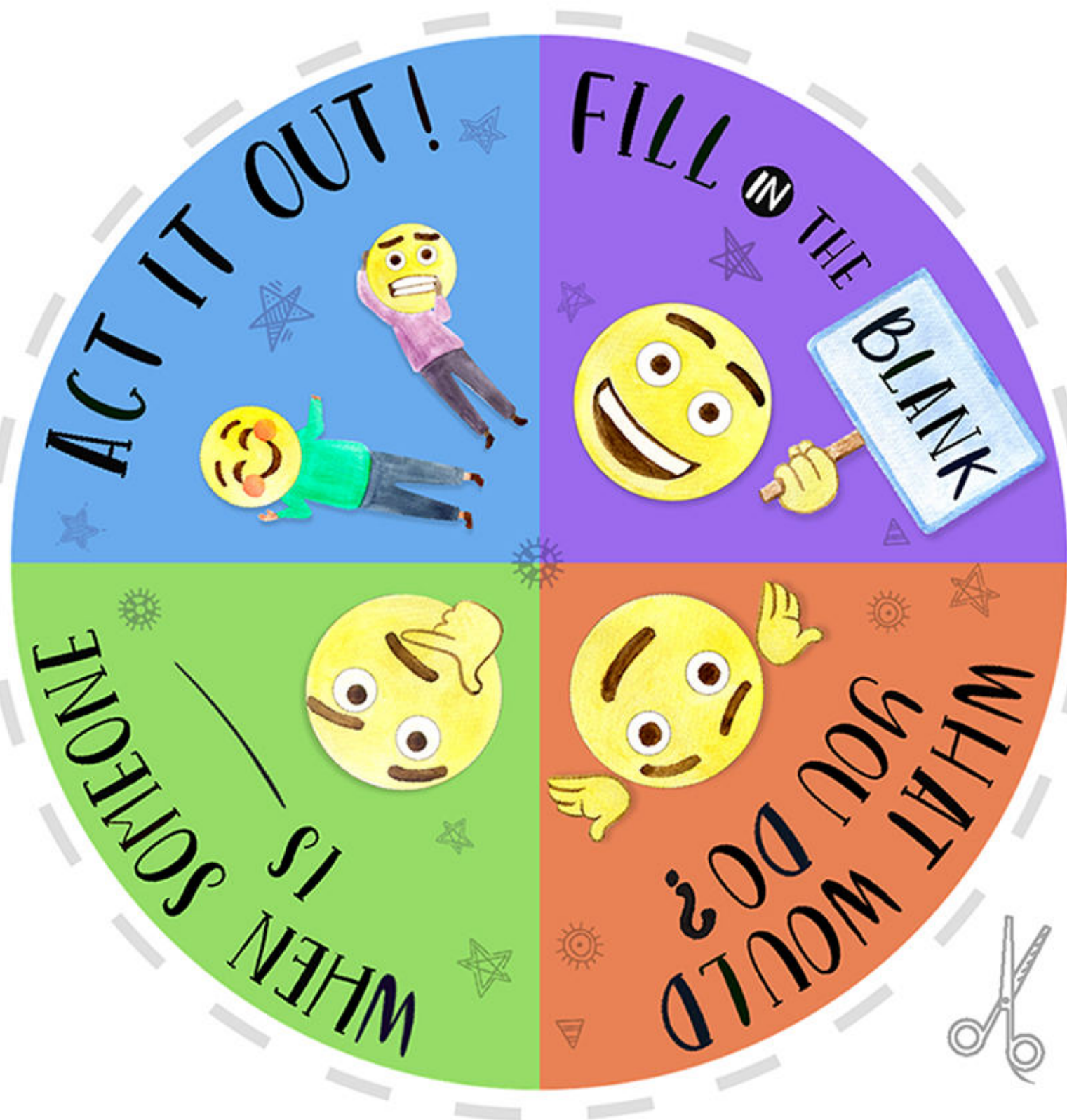
I'm Kind to the World

Write down 4 ideas how you can be kind to our planet and other people.







WHAT'S THE EMOTION?





How to Make




- 
- 1 Cut out the wheel** on page 1 and place it on an even surface.
 - 2 Cut out the Act It Out cards** on page 3 and place face down in a pile (optionally, make your own Act It Out cards on page 4).
 - 3 Make a spinner.** Use a pencil tip and a paper clip to make a spinner. Place a paper clip in the center of the spinner. Place the pencil point in the center of the spinner and push the end of the paper clip so it rests behind the pencil point and spin!
- 



How to Play

Two or more players



Spin the wheel. If the "Act it Out" category is chosen, pick one of the Act It Out Cards and act out the emotion without using words. Other players will need to guess the emotion.

If any other category is chosen, another player will choose a question for you on page 5.

Take turns spinning the wheel!



Act It Out Cards



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FRUSTRATED



HAPPY



ANGRY



SAD

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EMBARRASSED



NERVOUS



DISAPPOINTED

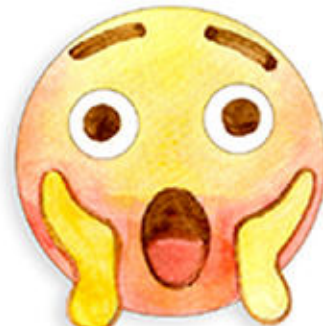


CONFUSED



PROUD

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SCARED

CREATE YOUR OWN

Act It Out Cards



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WHAT WOULD YOU DO



1. if your friend fell at the park and got hurt?
2. if your friend did something kind for you?
3. if you saw someone lonely on the playground?
4. if your friend got first place in a race?
5. if you saw someone who looked embarrassed?
6. if you saw someone jumping for joy?
7. if your friend is nervous to try out for a team sport?
8. if your friend was moving far away at the end of the year?

Make Up Your Own!

- if your friend _____?

WHEN SOMEONE IS _____



1. happy, you can _____.
2. embarrassed, you can _____.
3. surprised, you can _____.
4. lonely, you can _____.
5. disappointed, you can _____.
6. nervous, you can _____.
7. proud, you can _____.
8. frustrated, you can _____.

Make Up Your Own!

- is _____, you can _____.

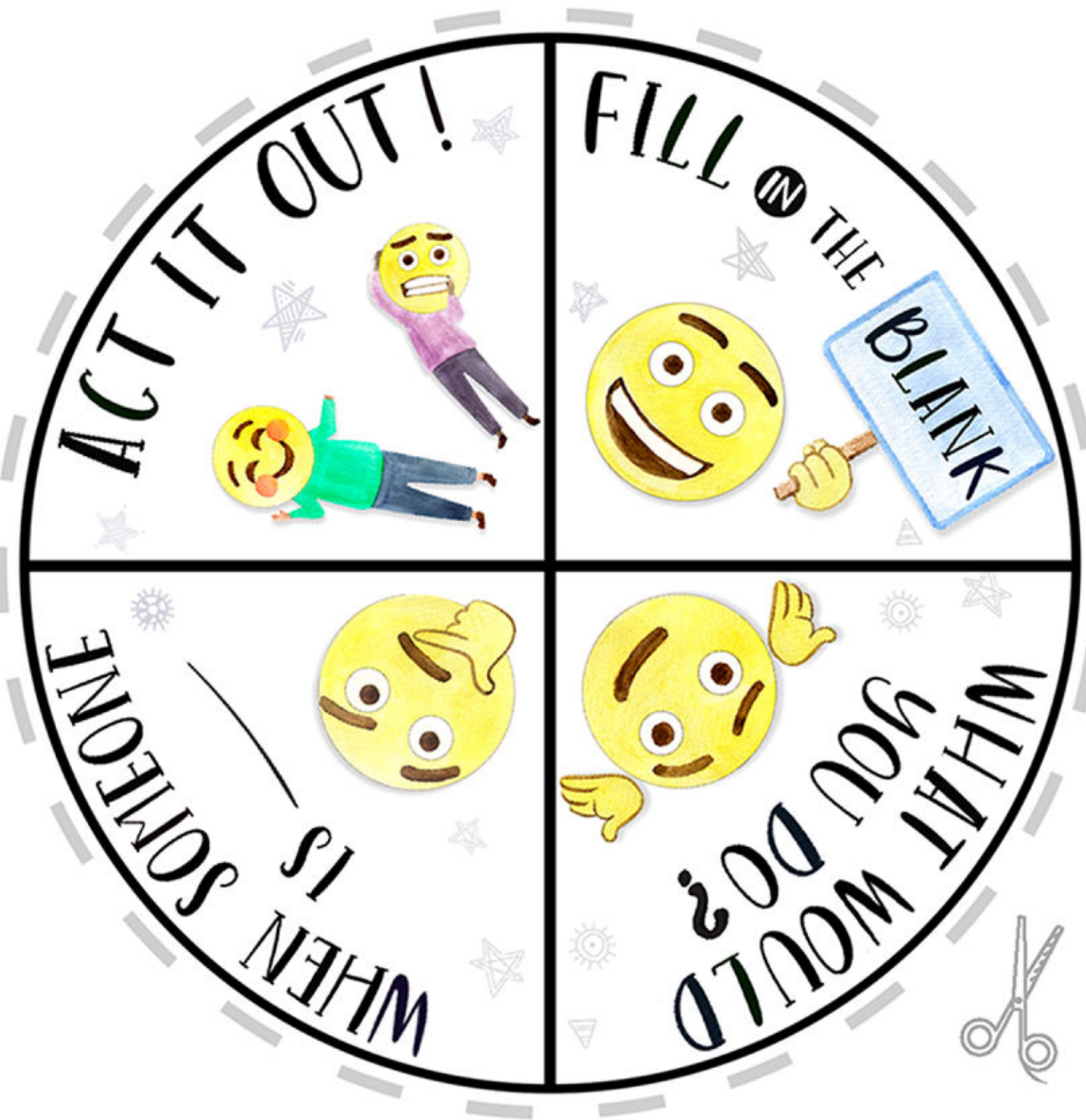
FILL IN THE BLANK



1. You feel _____ when your friend doesn't want to play with you.
2. You asked some kids at the playground to play and they said YES! You feel _____.
3. It's your birthday and someone gives you a present you really wanted, you feel _____.
4. When you don't want to do your homework, you feel _____.
5. When you put a very complex puzzle together, you feel _____.
6. When you go to your favorite restaurant, you feel _____.
7. You miss the winning shot at your game and you feel _____.
8. When you are playing with your friends, you feel _____.
9. Your friend said they would come over to play but got sick, you feel _____.

Come up with your own situation!

WHAT'S THE EMOTION?





you are
AWESOME
because



I love
SPENDING
time with
YOU



YOU
MAKE ME
SMILE



YOU'RE
WONDERFUL
JUST THE
WAY YOU
ARE





10 WAYS TO PROTECT OUR PLANET

1. Buy fewer things
2. Reuse before recycling
3. Use reusable bags when shopping
4. Conserve water
5. Walk, cycle, or take public transportation
6. Eat organic when possible
7. Line dry your clothes
8. Use less air conditioning and heat
9. Use glass instead of plastic
10. Encourage others to do the same



YOU CAN MAKE A DIFFERENCE!

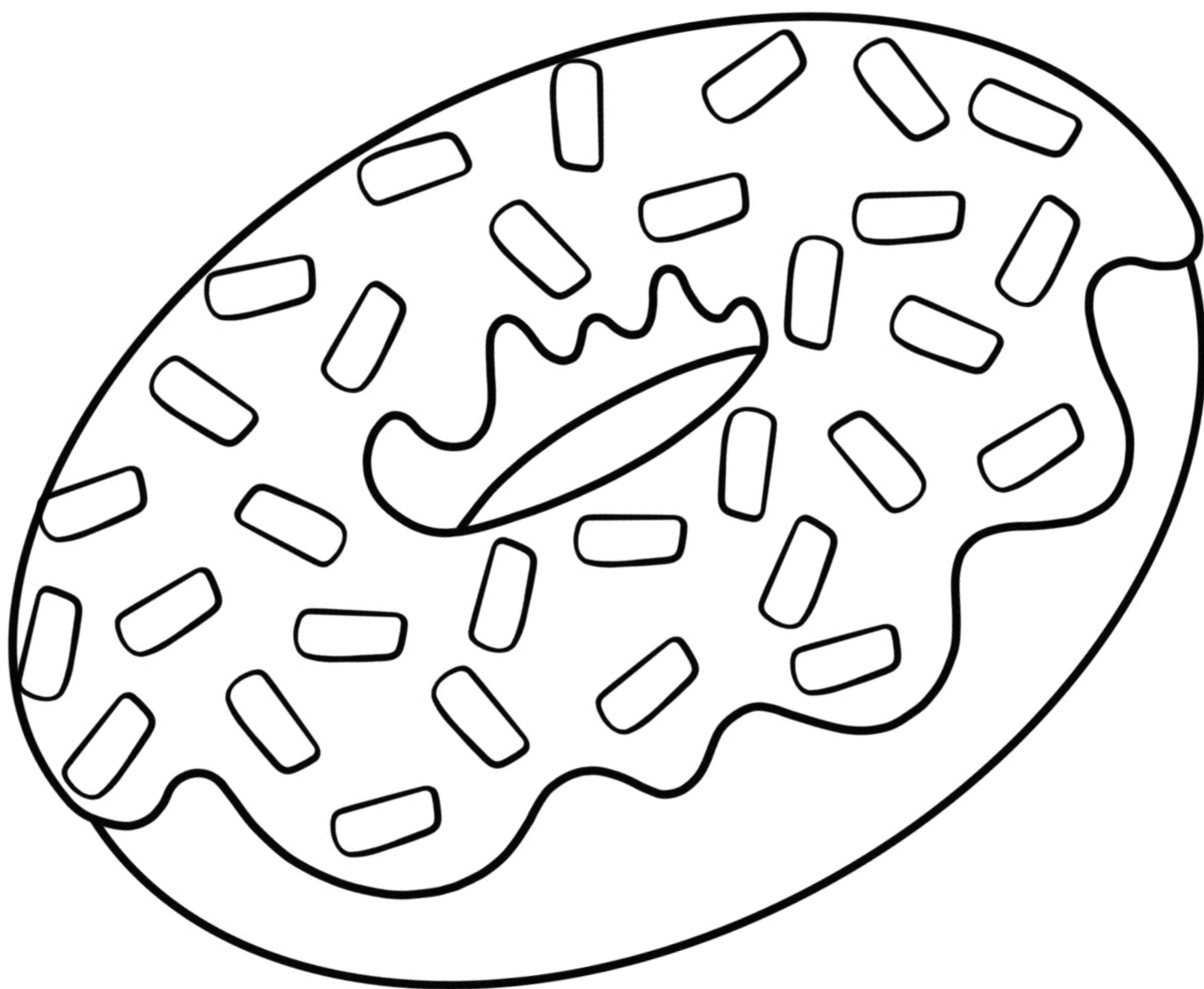
30 ways to make a Difference

1. Volunteer at a food bank (for example, unpacking or sorting)
2. Adopt a nursing home resident "grandparent" and visit regularly
3. Bake and deliver cookies to the neighbors, police station, or fire station
4. Drop off presents during toy drives
5. Donate things to a local thrift store
6. Take a walk around the park or neighborhood and pick up garbage
7. Bring flowers to your teacher
8. Donate new pajamas for foster kids
9. Make cards and drawings for nursing homes
10. Organize a lemonade stand for charity
11. Bake cookies and sell for charity
12. Organize a clothing drive or book drive
13. Take chalk and draw positive messages on sidewalks
14. Read stories to the dogs in a local animal adoption shelter
15. Make blankets for refugees
16. Volunteer at a community garden
17. Donate old stuffed toys and blankets to a dog rescue center
18. Donate food to the food collection bins in the supermarket
19. Make a get-well card for someone
20. Make thank-you cards for soldiers, firemen, policemen, nurses, or mail carrier
21. Bring reusable bags every time you shop
22. Collect hygiene items for a local homeless shelter
23. Donate sock, gloves, or hats for homeless
24. Organize a tree planting event
25. Adopt a family (share a meal) for Thanksgiving or another holiday
26. Buy extra school supplies for a teacher
27. Write a kind note for someone's lunchbox
28. Adopt an animal online
29. Leave kindness rocks at the park
30. Talk to someone new at school



My KINDNESS tracker

Color in the sprinkles as you do kind things for yourself or others.



My KINDNESS tracker

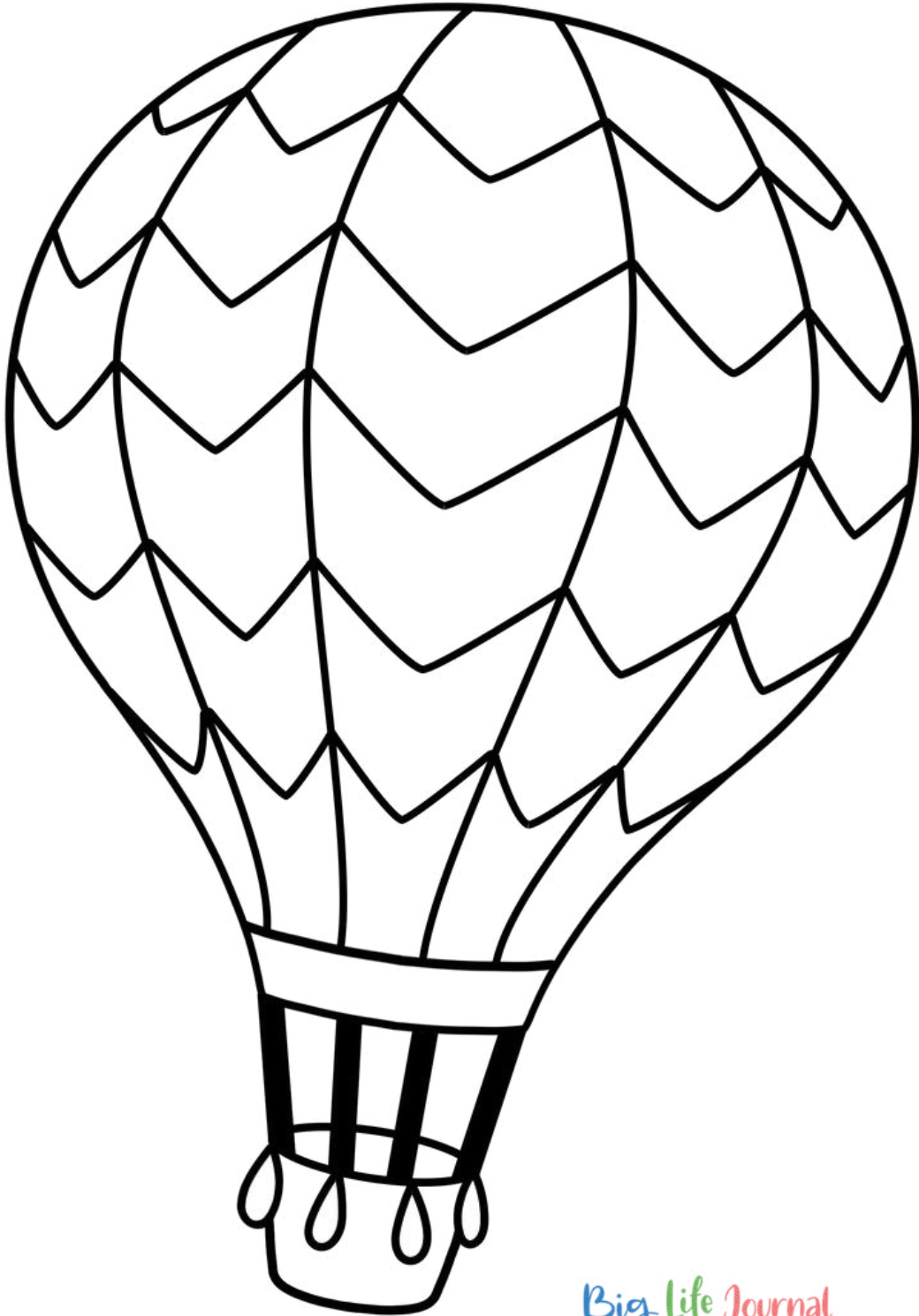
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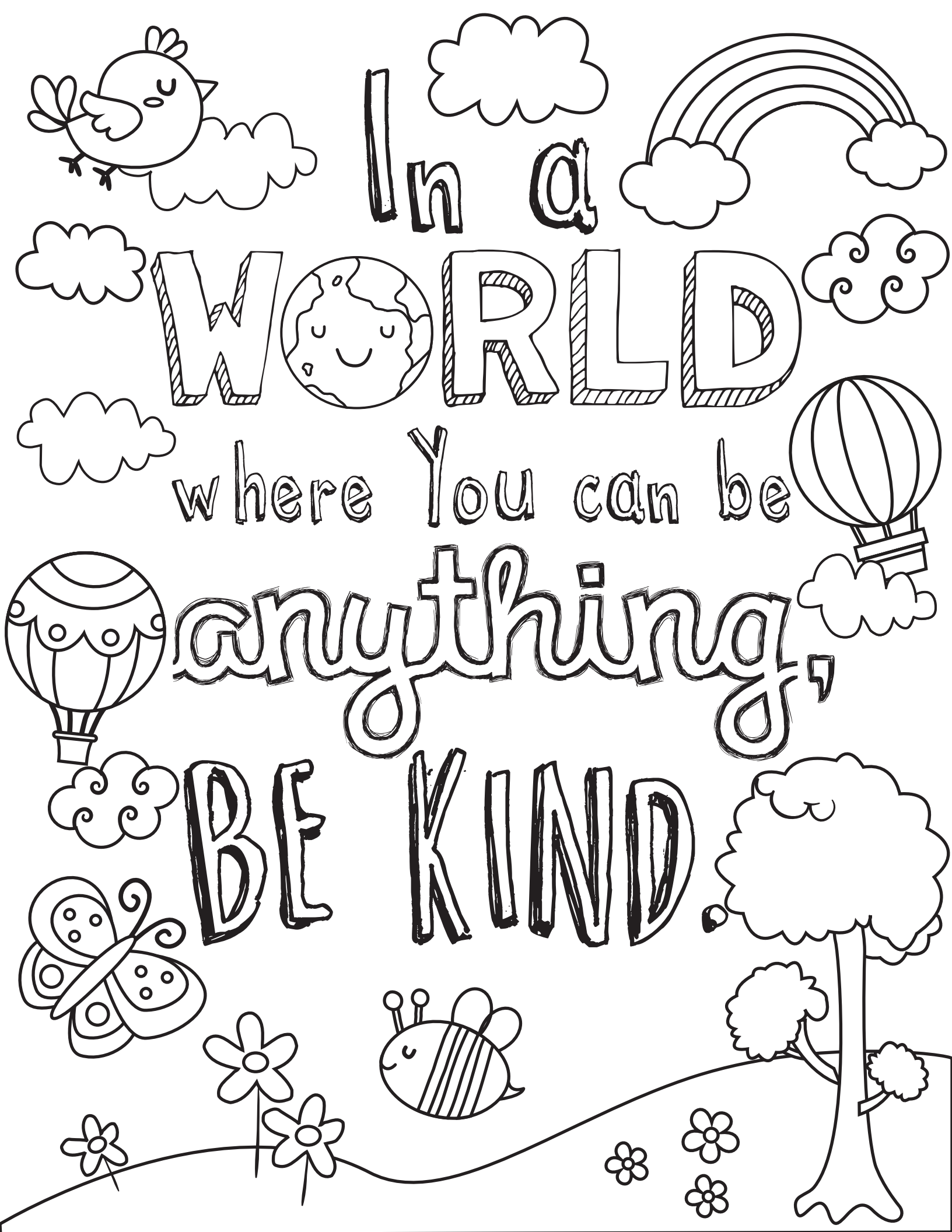
Color one of the rays and write down the name of a person you did a kind thing for.



My KINDNESS tracker

In a world where you can be anything, be kind.





In a

WORLD

where You can be

anything,

BE KIND



A little
spark of
KINDNESS
can put a
COLOSSAL
BURST of
SUNSHINE
into someone's day







IF YOU SEE
SOMEONE
Without a Smile,
GIVE THEM
ONE of YOURS

DOLLY PARTON

when given
the
CHOICE
between
Being **RIGHT**
and
Being **KIND.**
CHOOSE KIND
-WONDER-

TOP 40 Children's books about KINDNESS

AGES 3-8

- ☐ 1. Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud
- ☐ 2. Last Stop on Market Street by Matt De La Peña
- ☐ 3. Somebody Loves You, Mr. Hatch by Eileen Spinelli
- ☐ 4. The Kind Unicorn by Kate and Lindsay Officer
- ☐ 5. The Golden Rule by Ilene Cooper
- ☐ 6. The Giving Tree by Shel Silverstein
- ☐ 7. The Elves and the Shoemaker by Jacob Grimm and Jim LaMarche
- ☐ 8. Mouse and Lion by Rand Burkert and Nancy Ekholm Burkert
- ☐ 9. The Boy Who Grew Flowers by Jen Wojtowicz
- ☐ 10. Stone Soup by Ann McGovern
- ☒ 11. Because Brian Hugged His Mother by David Rice
- ☐ 12. Dandy Lion by Lizzie Finlay
- ☐ 13. Be Kind by Pat Zietlow Miller
- ☐ 14. This Is How We Do It: One Day in the Lives of Seven Kids from Around the World by Matt Lamothe
- ☐ 15. Land of And by Katie Mullaly and Toby Allen
- ☐ 16. Those Shoes by Maribeth Boelts
- ☐ 17. Each Kindness by Jacqueline Woodson
- ☐ 18. I Really Like Slop by Mo Willems
- ☐ 19. The Hundred Dresses by Eleanor Estes
- ☐ 20. When Charley Met Emma by Amy Webb

- ☐ 21. The Rainbow Fish by Marcus Pfister
- ☐ 22. Whoever You Are by Mem Fox
- ☐ 23. Frog and the Stranger by Max Velthuis
- ☐ 24. I Think, I Am by Louise Hay and Kristina Tracy
- ☐ 25. Nusaiba and the 5th Grade Bullies by Asmaa Hussein
- ☐ 26. Most People by Michael Lennah
- ☐ 27. A Visitor for Bear by Bonnie Becker
- ☐ 28. We're Different, We're the Same by Joe Mathieu
- ☐ 29. Listening with My Heart: A Story of Kindness and Self-compassion by Gabi Garcia

AGES 9-14

- ☐ 30. Wonder by R.J. Palacio
- ☐ 31. Kid President's Guide to Being Awesome by Robby Novak and Brad Montague
- ☐ 32. The Harry Potter Series by J.K. Rowling
- ☐ 33. Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life by Carol McCloud
- ☐ 34. The Mouse and the Motorcycle by Beverly Cleary
- ☐ 35. Charlotte's Web by E. B. White
- ☐ 36. The One and Only Ivan by Katherine Applegate
- ☐ 37. Because of Winn-Dixie by Kate DiCamillo
- ☐ 38. The Secret Garden by Frances Hodgson Burnett
- ☐ 39. Fish in a Tree by Linda Mullaly Hunt
- ☐ 40. Out of My Mind by Sharon M. Draper

TOP 30 KINDNESS and FRIENDSHIP MOVIES for FAMILIES

- | | |
|---|--|
| <input type="checkbox"/> 1. Trolls (2016), PG | <input type="checkbox"/> 21. How to Train Your Dragon (Trilogy) (2010), PG |
| <input type="checkbox"/> 2. The Fox and the Hound (1981), G | <input type="checkbox"/> 22. Zootopia (2016), PG |
| <input type="checkbox"/> 3. Taare Zameen Par, (2007), PG
(Stars on Earth-Hindi language) | <input type="checkbox"/> 23. Paddington (2015), PG |
| <input type="checkbox"/> 4. Homeward Bound (1993), G | <input type="checkbox"/> 24. The Kid Who Would Be King (2019), PG |
| <input type="checkbox"/> 5. Wonder (2017), PG | <input type="checkbox"/> 25. The Peanuts Movie (2015), G |
| <input type="checkbox"/> 6. The BFG (2016), PG | <input type="checkbox"/> 26. My Neighbor Totoro (1990), G |
| <input type="checkbox"/> 7. Fly Away Home (1996), PG | <input type="checkbox"/> 27. Shrek (2001), PG |
| <input type="checkbox"/> 8. Charlotte's Web (2006), G | <input type="checkbox"/> 28. Batkid Begins (2015), PG |
| <input type="checkbox"/> 9. Lilo & Stitch (2002), PG | <input type="checkbox"/> 29. Kindness Is Contagious (2014), NR |
| <input type="checkbox"/> 10. Up (2009), PG | <input type="checkbox"/> 30. A Little Princess (1997), NR |
| <input type="checkbox"/> 11. ET (2009), PG | |
| <input type="checkbox"/> 12. Big Hero 6 (2014), PG | |
| <input type="checkbox"/> 13. Babe (1995), G | |
| <input type="checkbox"/> 14. Because of Winn Dixie (2005), PG | |
| <input type="checkbox"/> 15. Finding Dory (2016), PG | |
| <input type="checkbox"/> 16. Ponyo (2008), G | |
| <input type="checkbox"/> 17. The Iron Giant (1999), PG | |
| <input type="checkbox"/> 18. Meet the Robinsons (2007), G | |
| <input type="checkbox"/> 19. Akeelah and the Bee (2006), PG | |
| <input type="checkbox"/> 20. Kiki's Delivery Service (1989), G | |

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Key Strategies to teach **CHILDREN EMPATHY**

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3-5 YEARS

- **DESCRIBE AND LABEL** – Help children recognize their emotions and body, “**You’re clenching your fists. You stomped your feet. You seem angry.**”
- **READ STORIES** and discuss character’s feelings.
- Make a **WE CARE CENTER**.
- Coach their **SOCIAL SKILLS**.



5-7 YEARS

- Use **PICTURES** – Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** – Help children understand what they have in common with others.
- **OBSERVE OTHERS** – Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries.



7-9 YEARS

- Engage in high-level **DISCUSSIONS** about book characters.
- Try loving kindness **MEDITATION**.
- Engage in cooperative **BOARD GAMES**.



9-11 YEARS

- Sign up for **ACTING CLASSES**.
- Create **EMPATHY MAPS** – Choose an emotion, then brainstorm what you might say, think, and do when you feel that way.



12+ YEARS

- Discuss current **EVENTS**.
- Encourage your child to choose **VOLUNTEER WORK**.
- Try “**WALK THE LINE**” activity – perfect for classrooms, summer camps, or other places with a large group of older children/teens.

5

steps to raising

KIND & CARING
CHILDREN

by Big Life Journal

1 START BY PRACTICING EMPATHY

- Model empathy. Say, "You seem disappointed. I know it's hard to leave when you're having so much fun."
- Help your children consider the emotions of others. Ask, "What do you think she's upset about?" "How would you feel if that happened to you?"



2 READ BOOKS THAT TEACH KINDNESS

- Read storybooks which teach empathy, caring, and kindness.
- Talk to your children about the message of each story and how they can apply these concepts to their own lives.
- Ask questions like, "What are some things we can do to be kind to others?" "Do we know anyone that might need a little extra kindness and love?"



3 MAKING A DIFFERENCE AT HOME

- Give your kids small tasks to help around the house.
- Emphasize social skills like saying please and thank you, sharing with siblings, and recognizing when others may be having a tough day.
- Regularly ask family members questions like, "How are you feeling?" or, "Is there anything I can do to help?"



4 MAKING A DIFFERENCE IN THE COMMUNITY

As your child masters making a difference and offering empathy in the home, you may expand your focus outward to the community.

- Visit a "grandfriend" at a local nursing home.
- Make Valentine's for senior citizens.
- Donate clothing, toys, or food.
- Welcome new neighbors with a treat or small gift.
- Practice random acts of kindness around the neighborhood.



5 MAKING A DIFFERENCE GLOBALLY

Facilitate activities that make an impact on a more global scale.

- Raise money or host a fundraiser for a charity they'd like to support.
- Send holiday cards or thank you letters to the military.
- Older children can write letters to elected officials about causes they believe in.
- Donate necessary items to places affected by natural disasters.



Want to RAISE KIND KIDS?

EXPLAIN THE SCIENCE OF KINDNESS

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● CHILDREN OF ALL AGES

- Explain that the benefits of kindness are experienced by the person who receives the kindness, the person who offers the kindness, and anyone who witnesses the kind act.
- Explain that everyone who feels the benefits of the kind act will be inspired to **"pay it forward"** by being kind themselves.



● YOUNGER CHILDREN

- Say that **kindness makes people** healthier, happier, and more relaxed.
- You can explain kindness as a **superpower** that helps others and changes the world for the better.



● OLDER CHILDREN

- Discuss the chemicals released when we see, experience, or witness acts of kindness:
 - **Serotonin** increases happiness and helps with appetite, sleep, and memory.
 - **Endorphins** trigger positive feelings and are natural painkillers.
 - **Oxytocin** reduces blood pressure and protects the heart. It produces a feeling of love and satisfaction.



● NEXT STEPS

- Once you've explained the benefits, be sure to **model kind words and deeds** yourself.
- **Acknowledge and celebrate** when you notice children being kind.
- Encourage children to practice **random acts of kindness**/have a random acts of kindness challenge.