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Pages	Content
3	Information
4-12	Poster Options
13-14	Kindness Writing Prompts
15	Writing Prompt Writing Page
16-17	Paragraph Pages
18-19	Kindness Cards

Posters: There are 3 types of posters each with 3 background options. I suggest printing them on cardstock.

Writing Prompts: Have your child(ren) choose one of the prompts each day (or at your own pace) to write about.

Writing Prompt Writing Page: Use this page with the writing prompts if you'd like.

Paragraph Pages: Use these to have your child(ren) write about what they know about kindness.

Kindness Cards: Use these everyday until your child(ren) has an understanding of what it means to be kind. I suggest printing these on cardstock. Print a few sets of these if you have multiple children.

Some information: (If you don't know where to start.)

- Ask your child(ren) if they know what being kind is or acts of kindness.
- Depending on their answer you may want to explain that being kind is a lot like being nice but is different in the way that sometimes people can be nice and not really mean it. Being kind comes from the heart, you really have to want to be kind. Being kind can be hard sometimes, but when you know it's for a good reason it gets easier to act out of kindness rather than to just be nice. Kindness is a great way to show that you care about how someone is feeling. Remind your child(ren) that they can be kind even when other people are not or do not return the kindness and to treat others how they want to be treated.
- Give some examples of being kind and being kind even when others are not.
 - Examples of being kind:
 - Holding the door open for someone.
 - Helping around the house without being asked.
 - Helping with siblings.
 - Examples of being kind even when others are not:
 - Someone refuses to move out of the middle of an aisle at the grocery store. You can go around the other way or wait politely for them to move.
 - When you help someone with something and they don't acknowledge you (saying thank you). Maybe the person is just having a bad day. You can still continue to help others.

kindness
is
showing
you care

kindness
is
showing
you care



kindness



is



showing



you care



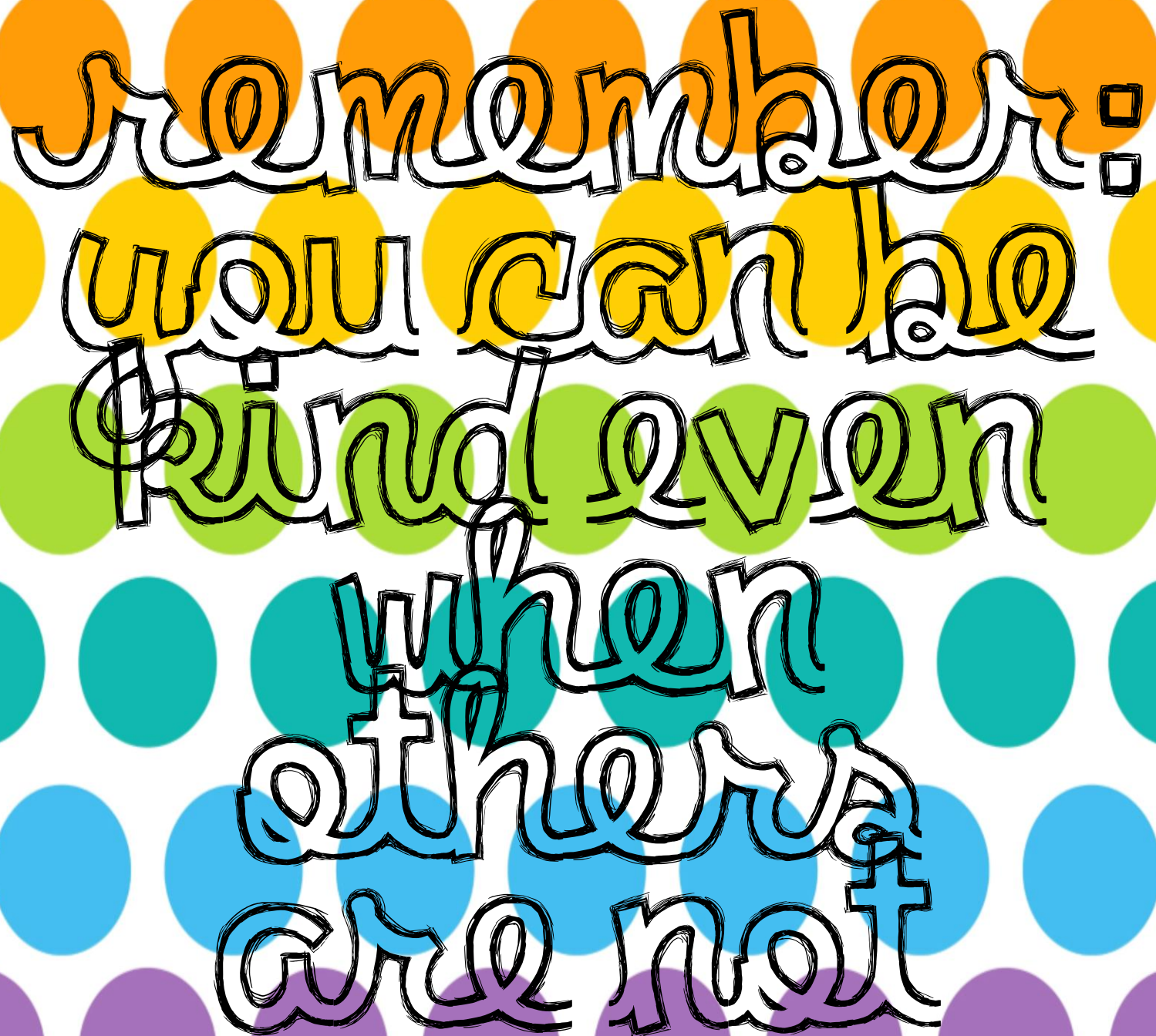
treat
people
how you
want to
be
treated

throat
people
now you
want to
be
treated

treat
people
how you
want to
be
treated

Remember:
you can lose
friends even
when
others
are not

Remember:
you can be
kind even
when
others
are not



Remember:
you can be
kind even
when
others
are not

Kindness at the Store

A man is walking into the store behind you, what do you do?	A woman drops a twenty dollar bill out of her purse, what do you do?
There is a woman behind you in checkout and she only has a few items but you have a lot, what do you do?	A woman smiles at you, what do you do?
The cashier seems to be having a bad day, what do you do?	A man needs to get by you in an aisle, what do you do?
An elderly man drops his bag of groceries and is struggling to gather them, what do you do?	A woman needs help getting something from a higher shelf that you can easily reach, what do you do?
You hear someone mention something that they are looking for and you know where it is, what do you do?	A child has lost his parents, what do you do?
You accidentally run into a shelf and knock some items down, what do you do?	The person in front of you at check out is a few cents short to make their purchase, you have enough money to help cover it, what do you do?
Someone is trying to pull into the parking spot right next to your door while you are trying to get out, what do you do?	You really wanted to get a new toy but as soon as you pick it up another child notices that there are none left and he had come for the same toy, what do you do?

Kindness with your Friends

<p>Your friend got a new bicycle which you have been wanting, you are a little jealous, what do you do?</p>	<p>You and some friends are playing a board game. Some of them are really competitive which makes you want to be as well, what do you do?</p>
<p>One of your friends is being mean to another one of your friends and wants you to join in, what do you do?</p>	<p>You have been playing with a toy for a while and your friend shows up and wants to play with it as well, what do you do?</p>
<p>Your friend falls and is hurt, what do you do?</p>	<p>One of you friends is having a bad day, what do you do?</p>
<p>A friend just got new glasses, they look different, what do you do?</p>	<p>A friend asks for your help with something but you've had a long day, what do you do?</p>

Kindness at Home

<p>You want to play outside and your little sister, who can't play outside by herself, wants to play outside too, what do you do?</p>	<p>There is only one apple left for snack, your sibling would also like an apple for snack, what do you do?</p>
<p>You just got a new toy! Your sibling is really excited and wants to play with it as well, what do you do?</p>	<p>You see your parent working hard in the yard, what do you do?</p>
<p>You see your parent doing housework, what do you do?</p>	<p>Your sibling is struggling to get something off of a high shelf, what do you do?</p>
<p>Your sibling left some stuff out that you know needs to be put away, what do you do?</p>	<p>Your sibling is upset about something, what do you do?</p>

Kindness Cards

Kindness Card

Make it your mission to hold the door open for anyone you can today.

Kindness Card

Ask a parent if you can help with a daily task.

Kindness Card

Ask a sibling if there is anything you can do for them.

Kindness Card

Help a sibling with their chores.

Kindness Card

Smile at every stranger you see.

Kindness Card

Ask a parent if there is anything you can do for them.

Kindness Cards

Kindness Card

Write a friendly letter to someone you know.

Kindness Card

Help your family members in any way you can today.

Kindness Card

If someone seems to be having a bad day, let them know you will listen if they need it.

Kindness Card

Do any act of kindness you can today.

Kindness Card

Kindness Card