

CHOOSE TO BE NICE AT HOME

SECOND GRADE ACTIVITY BOOK

KINDNESS



THIS ACTIVITY BOOK BELONGS TO:

A large rectangular box with a dotted purple border, intended for writing the name of the owner.



Dear Parent/Guardian,

We're learning about **kindness** this month as part of our school's "Choose To Be Nice" program. Essential to adopting any new behaviors is to make sure the learning reaches home.

Inside this packet you will find:

- An **activity** to help reinforce kindness at home.
- The **kindness chant** that we say together at school.
- A **discussion question** to prompt a conversation about kindness.
- A **coloring page** featuring Kiera the Kindness Mouse.
- A **poster** of Kiera the Kindness Mouse to hang up at home.

Please do the activity together, sing the chant often, have a discussion about kindness, and use this activity book as an opportunity to engage with your child about ways that you can show kindness at home.

Thank you for being a Choose To Be Nice Family! Please feel free to reach out to me at any time with questions, feedback or concerns.

Sincerely,

KINDNESS

**be nice and friendly to people
wherever you go.**



ACTIVITY:

Create a “Bucket of Kindness” at home by filling up a bucket, jar, or bowl with notes of encouragement. Use the reproducible attached and write something different on each slip. Examples include: “You can do it!” “I believe in you!” and “Don’t give up!”

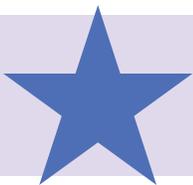
Family members can pick a kindness slip from the bucket whenever they need a pep talk.

KINDNESS CHANT:

Give a hand, give your heart
Be like Kiera and do your part!

DISCUSSION QUESTION:

How does it feel when people are kind to you?



For more activities and ideas visit the Choose To Be Nice Family Resources Page at choosetobenice.com/home-community-resources.

KINDNESS SLIPS



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**CHOOSE
TO BE NICE.**

**CHOOSE
TO BE NICE.**

**CHOOSE
TO BE NICE.**

KINDNESS

**I'm Kiera the
Kindness Mouse, and
I spread kindness
wherever I go.**



KINDNESS



KIERA
THE KINDNESS MOUSE
spreads kindness wherever she goes.