

# CHOOSE TO BE NICE AT HOME

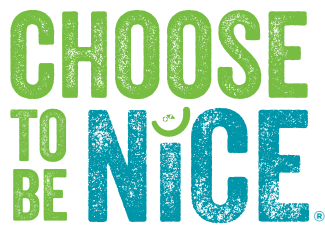
THIRD GRADE ACTIVITY BOOK

# KINDNESS



THIS ACTIVITY BOOK BELONGS TO:

A large rectangular box with a dashed purple border, intended for a student to write their name.



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.
- A **discussion question** to prompt a conversation about kindness.
- A **coloring page** featuring Kind Kiera.
- A **poster** of Kind Kiera to hang up at home.

Please do the activity together, 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.**

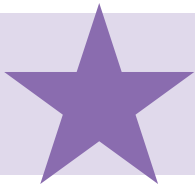


## ACTIVITY:

At school we are talking about cyberbullying and the importance of being kind online. Together, create a pledge to be kind online and have everyone in the family sign it. Hang it up where everyone can see it as a reminder to spread kindness everywhere, even online.

## DISCUSSION QUESTION:

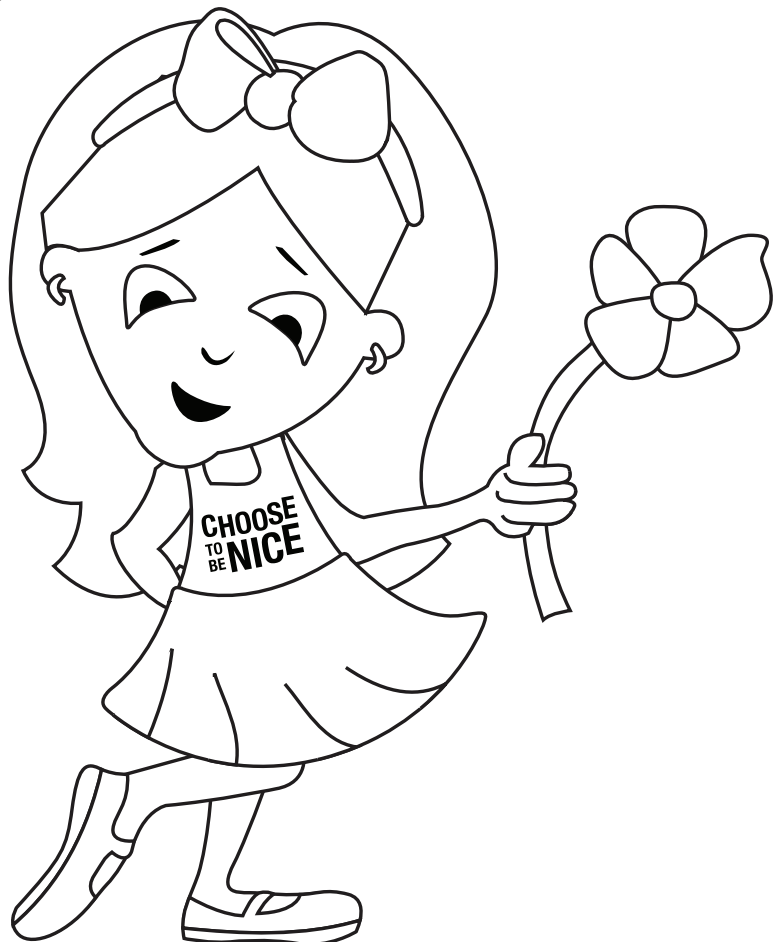
**What can you do to be kind online?**



For more activities and ideas visit the Choose To Be Nice Family Resources Page at [choosetobenice.com/home-community-resources](https://choosetobenice.com/home-community-resources).

# KINDNESS

**I'm Kind Kiera,  
and I spread kindness  
wherever I go.**



# KINDNESS



**KIND KIERA**  
spreads kindness wherever she goes.