

# CHOOSE TO BE NICE AT HOME

KINDERGARTEN ACTIVITY BOOK

# KINDNESS



THIS ACTIVITY BOOK BELONGS TO:

A rectangular box with a dashed 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:

How many acts of kindness can your family do together this month? Here are some ideas to get you started:

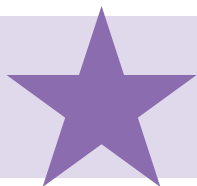
- Donate old toys
- Volunteer at a nursing home
- Walk around the neighborhood and pick up trash
- Drop off canned goods to the local food pantry
- Create inspiring signs to hang up in your window
- Help an older adult with household chores

## KINDNESS CHANT:

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

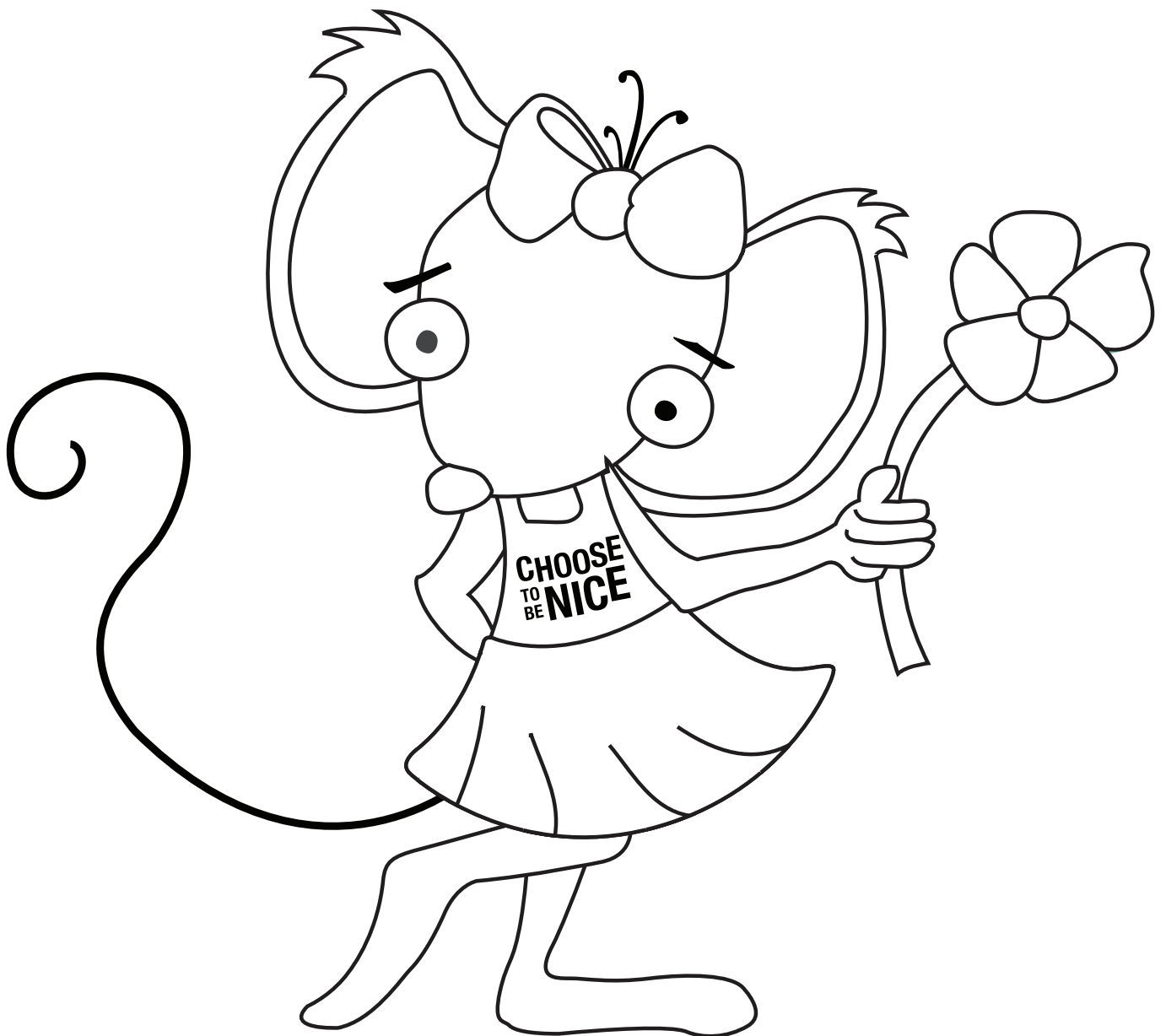
## DISCUSSION QUESTION:

**What can you do to be kind to others at home?**



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



# KINDNESS



**KIERA**  
**THE KINDNESS MOUSE**  
spreads kindness wherever she goes.