

CHOOSE TO BE NICE[®]

LEARNING ACTIVITY GUIDE - GRADE K

KINDNESS



KIERA THE KINDNESS MOUSE
spreads kindness wherever she goes.



WHAT'S INSIDE?

- Student-centered activities designed to promote lifelong social and emotional intelligence
- Book recommendations + literacy activities
- Home connections + tips for parents

**CHOOSE
TO BE NICE[®]**



Welcome to the Kindergarten Kindness Learning Activities!

This month, your school community will be emphasizing the importance of kindness. Use this Learning Activity Guide to help students understand and embrace kindness through an engaging video or audio recording, a children’s book, a lesson, discussion questions, extension ideas, bonus materials, and at-home engagement. These fun and student-centered activities are cross-curricular and include opportunities for children to collaborate and work independently, exercise their literacy skills and creativity, and develop social and emotional awareness.

The Choose To Be Nice® school program is a comprehensive and engaging SEL (social and emotional learning) program that focuses on the nine important values of respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. Schools focus on one value per month, and all program components are designed to foster empathy, kindness, and lifelong values that will help children become resilient and compassionate individuals. All learning activities are aligned with the five core social-emotional learning competencies identified by CASEL (Collaborative for Academic, Social, and Emotional Learning), the nation’s leading organization advancing the development of academic, social, and emotional competence for all students. As students go through the Choose To Be Nice program and learn and practice the Choose To Be Nice values, they are building their skills in the five competencies: self-management, self-awareness, responsible decision making, relationship skills, and social awareness.



TABLE OF CONTENTS

4 GETTING STARTED

- Choose To Be Nice Values
- Online Resources
 - Educator Resources
 - Family Resources
- Suggested Schedule

7 LEARNING ACTIVITIES - KINDERGARTEN KINDNESS

- Choose To Be Nice At Home Activity Book
- Kiera The Kindness Mouse Video
- Kiera's Chant
- Kindergarten Kindness Learning Activity
- Discussion Questions
- Social Stories
- Extension Ideas
- Additional Book Suggestions List

13 BONUS MATERIALS

- Kindness Award Certificate
- Kindness Reward Tickets
- Coloring Page
- Poster

GETTING STARTED

OUR VALUES

Choose To Be Nice promotes its mission with these nine important values:

RESPECT - be polite and show consideration for others and their differences

KINDNESS - be nice and friendly to people wherever you go

ACCEPTANCE - appreciate and recognize people for who they are

TEAMWORK - collaborate and work together with others

HONESTY - be truthful and fair

RESPONSIBILITY - be accountable for your own actions

FRIENDSHIP - be a friendly companion other people want to be around

PATIENCE - be calm and understand that some things take time and endurance

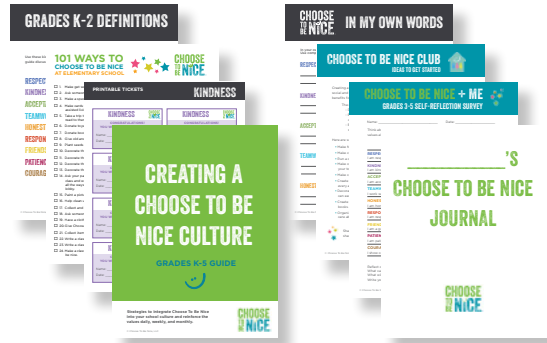
COURAGE - be brave and dare to be nice even when it's hard

GETTING STARTED

ONLINE RESOURCES

Resources for educators and families are available to download on our website.

Educator Resources Page: The entire Choose To Be Nice curriculum, along with supporting documents, additional student worksheets, at home activity guides, bonus materials, and this guide, are all available on our website on the Educator Resources Page. To access materials visit: www.choosetobenice.com/educator-resources. Use password: **CTBNschool24-25**.



Family Resources Page: Please be sure to direct your families to our online **Family Resources Page**, where we have additional engaging and fun at home activities for families, as well as tips and other resources. Families can access the activities at: www.choosetobenice.com/home-community-resources/.



GETTING STARTED

SUGGESTED SCHEDULE

Here is a suggested schedule to follow for Kindergarten Kindness Month:

Prior To Week One:

- Send home the Choose To Be Nice At Home Activity Book (Kindergarten Kindness) available on the Educator Resources Page
- Have books from the suggested book list readily available for your students

Week One:

- Play Kiera's video found on the Educator Resources Page
- Practice the Kindness Chant
- Kindness Learning Activity: Kindness Quilt

Week Two:

- Have Group Discussions about kindness

Week Three:

- Have students reflect on and write about kindness during journal time. Journal covers and pages are available to download from the Educator Resources Page

Week Four:

- Kindness Extension Activity

CHOOSE TO BE NICE AT HOME ACTIVITY BOOK

Essential to adopting any new behaviors is making sure the learning reaches home. **Choose To Be Nice At Home Activity Books** help to reinforce the Choose To Be Nice values and encourage positive dialogue at home. Each Guide includes a note to parents/guardians, a fun activity, a chant for younger students, discussion questions, a coloring page and a poster. Be sure to send this guide home prior to starting this month's learning activities.



KIERA THE KINDNESS MOUSE VIDEO

In this short video, **Kiera the Kindness Mouse** introduces younger students to the concept of kindness through everyday examples and builds excitement for additional learning and exploration. The video includes a chant to help kids remember to be kind and offers a foundation for classroom discussions and activities on kindness. Be sure to play this video prior to starting this month's learning activities.



KIERA THE KINDNESS MOUSE CHANT

Each Choose To Be Nice value has a chant to help younger students in PreK-2 remember key concepts. Here is Kiera The Kindness Mouse's chant:

Give a hand, give your heart

Be like Kiera and do your part!

All At Home Activity Guides, videos, and chants are available on our website on the [Educator Resources Page](#). Password is CTBNschool24-25.

KIERA THE KINDNESS MOUSE

spreads kindness wherever she goes.

BOOK SUGGESTION:

The Kindness Quilt, By Nancy Wallace

**LEARNING ACTIVITY: Kindness Quilt****SUBJECT CONNECTIONS: English Language Arts, Visual Arts****MATERIALS NEEDED:**

- Copies of My Kindness Quilt Square
- Crayons
- Tape
- Safety Scissors

INSTRUCTIONS: Introduce students to Kiera the Kindness Mouse by playing Kiera's video. Next, read **The Kindness Quilt** together.

After reading, explain to the class that they will create a class **kindness** quilt. Distribute copies of the My Kindness Quilt Square worksheet to each student. Hand out crayons and ask students to illustrate an act of kindness that they've done. Depending on a student's writing skills, they can also write a sentence on the square describing their picture.

When students are done with their square, distribute safety scissors and ask students to cut out their squares.

Students will then share their quilt square with peers in a group setting such as morning meeting or show and tell. Tape the squares together to make the class kindness quilt.

The quilt can then be hung up to share with the school community and serve as a reminder that the class kindness quilt is representative of the class Choosing To Be Nice.

Use with KINDERGARTEN **KINDNESS** activity: Kindness Quilt

MY KINDNESS QUILT SQUARE



A large dashed square outline, intended for a child to draw a kindness quilt square inside. At the bottom-left corner of the square, there is a line for writing a name.

Name: _____



DISCUSSION QUESTIONS (K-2)

Use these questions to engage students in thoughtful discussions about kindness.

- What can you do to be kind to others?
- How does it feel when people are kind to you?
- How can you show kindness to others online?
- How can we show kindness to a new student?
- How can we show kindness to others when they are not being kind to us?
- Tell me about a time when you showed kindness to another person. It can even be a time when you did not want to show kindness, but you did anyway.
- When people are unkind to you, how does that make you feel? Why?

SOCIAL STORIES (K-2)

Social Stories are fun and engaging short stories that show a Choose To Be Nice value in action. Read the story out loud and use the questions to prompt meaningful discussion.

Story #1: Dante was very nervous to start at a new school this year. He had so many friends at his old school, but he did not know anyone at his new school. He was most nervous about lunch because he was afraid he would not have anyone to sit with. When the bell rang for lunch, Dante walked with his class to the cafeteria. Dante looked around, but did not know where to sit. Quickly, another boy from his class, Jermaine, walked up to him and said, “Hey Dante! You can sit with us if you want! Our table is over here.” Dante smiled and nodded. Maybe being at a new school would not be so bad after all.

- *Who showed kindness in this story?*
- *How do you think Dante felt?*
- *Have you ever been a new student at a school? If so, how did you feel? If not, have you ever shown kindness to a student who was new to your school?*

Story #2: During Social Studies class, Mrs. Jones asked each child to talk about a cool place they had visited. After each student shared, Mrs. Jones marked the location on the map. Ryan raised his hand to share. He told everyone about visiting his aunt’s ranch in Texas the previous summer. When Ryan started talking, Timothy rolled his eyes and started

mimicking Ryan behind his back. Mrs. Jones could not see what Timothy was doing, but many other students saw him and laughed. When Ryan stopped talking, Anastasia raised her hand to tell Mrs. Jones what Timothy had done. Ryan hung his head as she spoke. Mrs. Jones asked Timothy to stay in during recess to talk about his behavior.

- *Who did not show kindness in this story?*
- *How do you think Ryan felt?*
- *What could Timothy have done differently to show kindness?*
- *Has something similar happened to you? How did it make you feel?*

EXTENSION IDEAS

Use these Extension Ideas to extend and reinforce the learning anytime throughout the month and year.

- Collaborate and grow the class kindness quilt by inviting members of the school community to contribute. Display the growing quilt on a large wall in the school lobby or auditorium.
- Participate in a Kindness Quilt exchange and send a completed quilt to another school in another state or country.
- Grow student vocabulary by asking students to describe how kindness makes them feel using new adjectives.
- Have students write in their Choose To Be Nice Journal about kindness using this sentence starter: “Kindness makes me feel...” Journal Pages can be found on the Educator Resources Page.

ADDITIONAL BOOKS LIST - KINDNESS (K-2)

Use these additional books to reinforce the concept of kindness.

I Like The Way You Are, By Eve Bunting

Llama Llama and the Bully Goat, By Anna Dewdney

If Kids Ran the World, By Leo and Diane Dillon

You, Me and Empathy, By Jayneen Sanders

The Juice Box Bully, By Bob Sorenson and Maria Dismondy

The Invisible Boy, By Trudy Ludwig

Each Kindness, By Jacqueline Woodson

Seeds and Trees, By Brandon Walden

Spaghetti in a Hot Dog Bun, By Maria Dismondy (also **RESPECT** & **ACCEPTANCE**)

Plant A Kiss, By Amy Krause Rosenthal

BONUS MATERIALS

Award Certificates: Choose To Be Nice Award Certificates are a great way to promote a positive school culture and reinforce the Choose To Be Nice value of the month. Use the Kindness Award Certificate to recognize those students for consistently being kind and showing kindness toward others.



Reward Tickets: Keep a stack of Kindness Tickets handy. When you observe a student showing kindness through actions, words, or interactions, award them a ticket. Empowering students to award these tickets to their peers is a great way to encourage them to recognize and value kind behavior in different situations. Consider setting up a system where tickets can be exchanged for small rewards or privileges.



Coloring Page: Students can use coloring pages during quiet time. Display completed pages around the classroom to celebrate students' understanding and commitment to kindness.



Poster: Hang the poster in your classroom as a visual reminder of the importance of kindness. Use the poster to spark meaningful discussions about kindness.





**CHOOSE
TO BE NICE[®]**



KINDNESS AWARD

This award is being presented to

*for being nice and for being friendly
to people wherever you go.*

Keep up the good work!!



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS

CHOOSE
TO BE
NICE

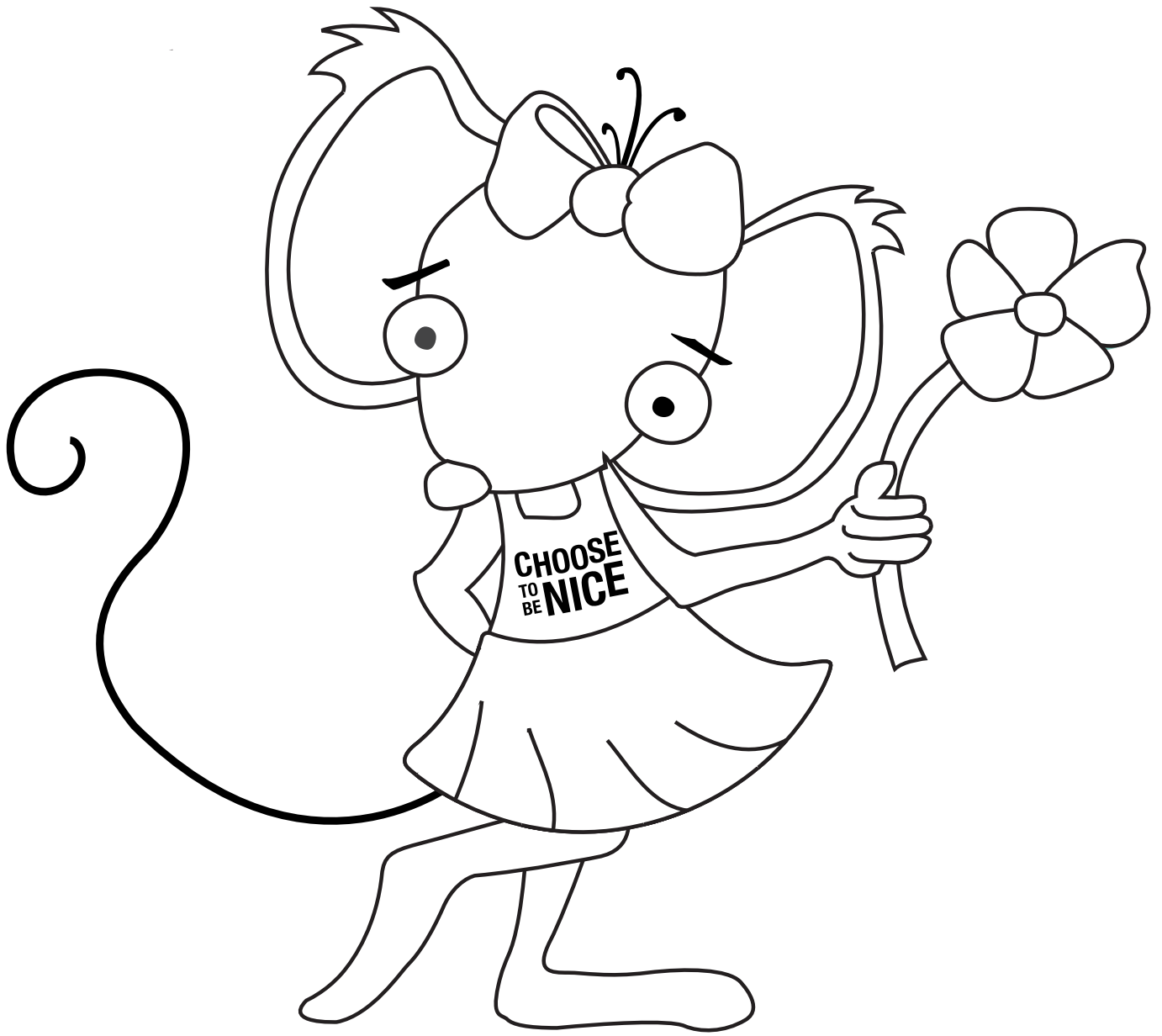
CONGRATULATIONS!
YOU WERE CAUGHT BEING KIND

Name: _____

Date: _____



KINDNESS



KINDNESS



KIERA
THE KINDNESS MOUSE
spreads kindness wherever she goes.

CHOOSE TO BE NICE[®]

