

ACTIVITIES FOR GRADES K-5



Have your child draw an act of kindness that they've done on a square sheet of paper. Depending on their writing skills, they can also write a sentence describing the picture. Have your child draw on as many squares as they'd like, then tape them together to create a Kindness Quilt.



Invite your child to perform five acts of kindness at home. When they have completed their acts of kindness, ask them to report back on what they did.



Work with your child to create a bucket of kindness at home. Together, write different messages of encouragement and kindness on slips of paper. Then, fold them up and place them in a bucket. Whenever a family member needs words of encouragement, they can choose a slip of paper from the bucket.



Talk with your child about cyberbullying. Ask them to brainstorm ways to be kind online and prevent cyberbullying. Hang up the list at home to remind family members to be kind online.



Challenge your child and other family members to a kindness competition. Have each participant keep track of different acts of kindness at home and race to be the kindness champion by the end of the week.



Set aside time with your child to write letters of kindness to each other. Reflect on the letter-writing process - how did it feel to give and receive kindness?

We'd love to see your creations. Please share your stories, artwork, and photos with us on social media

#choosetobenice #CTBNkindness #kindness