

WELCOME TO KINDERGARTEN



Book: When We Are Kind

TALK

This book is a celebration of the simple acts of everyday kindness. It encourages children to explore how they feel when they initiate and receive acts of kindness in their lives.

Take time to read this book together as a family. Talk and reflect upon the context of each page and have a conversation on what you read. Example:

- “I am kind when I help my family”: Share times when you showed kindness to your child, your parents, your relatives, your siblings, etc.
- “I am kind when I share with my friends”: How did it make you feel when your friend shared with you? Talk about a time when you shared something with a friend or family member.
- “I feel joy when my family and I are kind”: How does it make you feel when people are kind to you?

Teaching children about kindness helps lay the foundation for them to learn about empathy and altruism. When children learn how to be kind and perform acts of kindness, it helps them feel a strong sense of belonging and improves their self-esteem.



How parents can teach their child about kindness:

- Model kindness. Children learn through observation. The best way to teach your child how to be kind is to model the behavior yourself by performing acts of kindness and being kind with your words.
- Talk about kindness.
 - Acknowledge your child when you observe them being kind, e.g. “I noticed you gave your sister a hug when she was sad. That was very kind of you. I’m sure the hug made her feel better.”; “That was very kind of you to share your toy with your brother.” etc.
 - Acknowledge a random act of kindness from a stranger. Example: A stranger holds open a door for you when your hands are full, “That was kind of them hold the door for us”. This teaches children that there is kindness around them, no matter how big or small the gesture.
- Practice kindness & compassion as a family. Here are some suggestions:
 - Donate to the food bank.
 - Donate to people in need.
 - Join a family run for a cause.



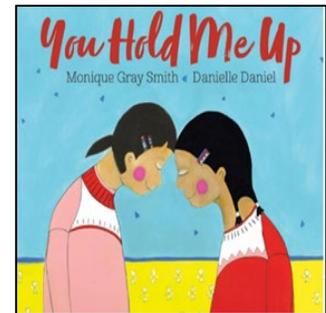
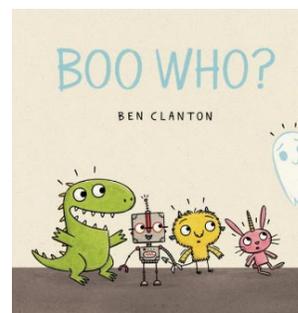
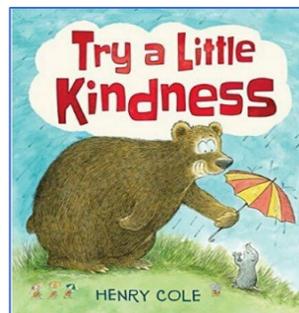
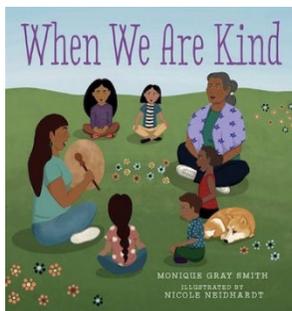
- Write kind notes to family members.
- Make a bird feeding. (Being kind to animals.)
- Be involved in a community/neighborhood clean-up. (Be kind to the environment.)
- Help your elderly neighbors by taking in their garbage/compost bin, shoveling their sidewalks, raking their leaves, reading them a story, etc.

These activities will help children gain a deeper understanding for others while teaching them to spread kindness and compassion. Plus, they will feel really good while doing them!

Here are some other random acts of kindness you can do as a family:

<https://happybrownhouse.com/100-easy-random-acts-of-kindness-for-kids/>

READ



- **When We Are Kind** by Monique Gray Smith: <https://www.youtube.com/watch?v=MHIWJVE30FE>
- **Try a Little Kindness** by Henry Cole: <https://youtu.be/DSmhvAEX0ps>
- **Boo Who?** by Ben Clanton: <https://www.youtube.com/watch?v=I5Km2ofovs4>
- **You Hold Me Up** by Monique Gray Smith and Danielle Daniel: <https://youtu.be/CxQ6U6udEDY>

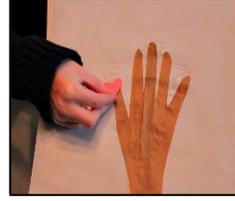
CREATE

Kindness Rocks:

- Material: large rocks, paint or permanent color markers.
- Instruction: Clean and dry large rocks. Decorate the rocks with paint or colored markers. Print a “kindness” message on each rock.
- Message ideas: You Rock; You are AWESOME; Kindness Rocks; You are LOVED; You are BEAUTIFUL; Kindness is Contagious.
- Start a “Kindness Rock Project” for your community: <https://www.thekindnessrocksproject.com/>



The Kindness Tree: Trace an arm and hand onto a brown paper. Cut out and glue onto a paper. Cut out small heart shapes and place in a jar. Every time a family member shows an act of kindness, the tree is gifted a heart. (1 heart = 1 act of kindness). Watch your kindness tree grow!



PLAY

The Toothpaste Experiment to teach about kindness.

- Material: small tube of toothpaste, a paper plate and a plastic spoon.
- Direction: Have your child squeeze an entire tube of toothpaste onto a plate. When they're done, tell them to try to get the toothpaste back into the tube using the spoon (and they won't be able to.) Once they've found it's impossible, then explain to them about how toothpaste tube work. Then, explain to them that mean words are similar to toothpaste. Once you put them out into the world, you can't take them back, no matter how hard you try. So, it's important to think hard about what you say and do.

