

Book title: *Be Kind*

Author: Pat Zietlow Miller

Supplies for activities needed:

- Kindness Jar activity printout
- Jar, bowl, or basket to hold challenge cards
- Scissors
- Pencil, crayons, or markers
- Showing Kindness activity (print out or view digitally!)
- Your imagination!

Activity Name: Kindness Jar

- School Readiness Outcomes (SRO) goals met:
 - Expresses Feelings
 - Verbally expresses how they are feeling
 - Expresses Feelings
 - Showing awareness and responding appropriately to the feelings of others
 - Relates to Children/ Relates to Adults
 - Initiating interactions with other children/ familiar adults
- Instructions
 1. Print out the Kindness Jar activity.
 2. Cut out the challenge cards and place them in a jar, bowl, or basket.
 3. Randomly draw a card and complete the act of kindness together! We can all help spread kindness each and every day!
- Extension Activity Ideas
 - After completing an act of kindness take some time to talk with the child about how that action might make someone feel (happy, cared for/loved, appreciated, etc.)

- Use the blank squares or another piece of paper to write or draw more kind things you could do and add them to the jar!

Activity Name: Showing Kindness

- School Readiness Outcomes (SRO) goals met:
 - Engages in problem solving
 - Identifying problems, showing persistence and trying methods to solve problems
 - Expresses feelings
 - Showing awareness and responding appropriately to the feelings of others
 - Negotiates social conflicts
 - Solving problems with other children independently, by negotiating or other acceptable means
- Instructions
 1. View the 'Showing Kindness' PDF
 2. Read through each scenario with the child. Talk about how they would show kindness in each situation.
 3. For some extra fun try drawing, writing, or acting out how they could show kindness!

