

 
Kind? or Unkind?

The boy laughed when his sister fell down.



He shared his snack with a friend.



The kids on the playground wouldn't let anyone else use the swings.



Mary helped the new student find the bathroom.



Emma pushed everyone so she could be first in line.



Max donated his old toys that he didn't play with anymore.



KINDness

pledge

I am kind and full of love.



I will find my kind today and every day.



When I need help, I will turn my kind "up" to SUPER POWER high!



I will smile and turn away from unkind words.



I will surround myself with others who can help me.



I will surround myself with others who know how to be kind.



I will use my SUPER POWER of KINDNESS to look for others who are sad or lonely and give my kindness to them.



KINDNESS SCAVENGER HUNT

- Read to a younger sister, brother or baby.
- Do someone else's chores.
- Help make dinner.
- Write a letter or draw a picture for someone in your family.
- Give someone in your family a hug.
- Let someone else choose what TV show to watch, what to eat for dinner, etc.
- Give a pet or family member a treat.
- Play a game with a family member (board or video game).
- Donate toys you don't play with to charity.
- Donate food to your local food bank or food pantry.