Fun Activities to Spread some Kindness….

I Hope you enjoyed listening to one of my favorite books! If you would like to have a little fun and take your learning a little further, try one of the following activities!

In case you have not seen the video, here is the link <https://www.wevideo.com/view/1673809789>

 With your family make two lists. One list is the ways that each of you can show kindness to yourselves. The second list is ways you can show kindness to each other.

Label your lists with:

To show Kindness to myself, I say or do this…

To show Kindness to each other, we say or do this…

 Make some posters with some encouraging words on them. Decorate them and hang them up around your house.

 Practice a Random Act of Kindness. Do something kind and do not let anyone know what you did!

 Take a walk around the neighborhood, with one of the adults in your house, and pick up liter.

 Use sidewalk chalk to write something about kindness on your sidewalk.

 Plan a neighborhood food drive for Hopelink. Your parent can email neighbors, or you could post fliers telling neighbors to leave a bag of groceries at the end of their driveway on a certain day and time. You and your parent then walk around the neighborhood picking up the bags and deliver them to Hopelink.

 Come up with your own idea! What did the book inspire you to do?