

# Kindness Counts

Caring for ourselves and others can build connections and a greater sense of love and appreciation. In this social emotional learning activity designed for kindergarteners and first graders, children will reflect on what it means to be caring and to show kindness to others. They will draw a picture of a kind act they would like to perform for someone else, complete the deed, and reflect on how it felt to show kindness. Finally, children will craft a heart ornament to remind them that kindness counts.

## What you need:

- A copy of the book [Kindness Counts](#) by Bryan Smith and Brian Martin or the ["Kindness Counts"](#) video (YouTube)
- [Random Acts of Kindness](#) worksheet
- Paper
- Scissors
- Crayons
- Hole punch
- Ribbon or string



## What you do:

1. Ask your child, "What does it mean to be kind to others?"
2. Ask, "How does it feel when you are kind to others? How does it feel when others are kind to you?"
3. Explain that you will read a book together (or watch a video of the book being read aloud), perform a random act of kindness, and then craft a kind heart ornament to remind you to practice kindness.
4. Together with your child, read the book *Kindness Counts* or watch the video.
5. Pause and ask comprehension questions throughout the story.
6. Ask, "Who is someone you would like to spread kindness to today, just like the people in the book?"
7. Review the Random Acts of Kindness worksheet with your child.
8. Support your child in drawing, completing, and reflecting on a kind deed.
9. Now guide them through creating a kind heart ornament and make one yourself alongside your child!
  - Draw a large heart and include colorful words or pictures inside the heart that will help you remember to spread kindness to others.
  - Cut out the heart.
  - Punch a hole at the top of the heart.
  - Tie a ribbon or string at the top of your heart to hang your ornament as a reminder to spread kindness and love!