

Kind or Trash?

Directions:

1. Cut up the kindness cards and the action cards.
2. Lay out the kindness cards on a table or on the floor.
3. Go through each action card and determine if the action or words are kind or trash.
4. If they're kind, sort them by the type of kindness (there is more than one answer, and no answer is wrong.)
5. If it's trash, put it in a clean trash can (we got ours at the Dollar Store), a basket, or a bowl.
6. Talk about some of the trickier situations (ie. Saying "no" is still kind) and use this to get into deeper conversations.
7. Use the blank cards to write down situations your kids encounter or experience.

Kind or Trash?

Honest

Friendly



Kind or Trash?

**Considerate
and POLITE**



**Caring and
Empathetic**



Kind or Trash?

Helpful

**Respectful of
Others**



Kind or Trash?

Fair

**Mindful of
Others**



Kind or Trash?

**Make the World
a Better Place**



**Advocate for
Yourself & Others**



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Kind or Trash?

Offering to Let
Someone Else
Go First



"Do you want
to play with
us?"



Holding the
Door Open



Saying mean
things about
yourself.



Taking turns
with a toy



"Of course you
can play with
us."



Following the
rules of a game



Telling the
truth



Returning a
Lost Item

"Stop. You can't
treat her that
way."



"That's an
unkind idea."

Smiling at
people



Asking for
something
politely

Doing what an
adult in charge
asked you to do



Hugging a friend
when they're
sad

Thanking people
for helping you



Waiting
patiently for
your turn



Telling other
kids what to do



"We're having a
playdate but
you're not
invited."



Laughing when
others are
talking



Offering to take
turns



Grabbing all the
supplies



Calling someone
a cheater



"That's a good
idea."



"No. You can't
treat me that
way."



Ignoring
someone on
purpose



Whispering
secrets



"Come be my
buddy/partner."



Pointing at
someone



Helping when
someone gets
hurt



Covering your
coughs and
sneezes



Teasing
someone



Trying not to hurt other people's feelings



Calling someone a "loser" or using the L sign



"Shhh. Don't tell her."



"Do you want to sit with me?"



Telling other kids not to play with someone



Stopping when a friend says to stop



Using your manners: please, thank you, excuse me



"Hi, I'm _____. Do you want to play/hang with me?"



Laughing at
someone

Congratulating
someone



"Do you want to
share this with
me?"

Laughing all
together



Listening quietly
when someone is
talking

Interrupting
when someone
else is talking



"Can I help you?"

Asking friends
what they want
to play



Cutting in line

"I'm not going to
be your friend
anymore."



Including others
to join in

Cheering
someone on



Only being nice to
your friends

Always deciding
what everyone
plays



Thank an adult
they help you

Saying unkind
things about
others



Decide if what
your friend tells
you to do is the
right choice



Cheating so you
win



Sticking your
tongue out



Being silly when
it's time to be
serious



Rolling your eyes
when someone is
talking to you



"No, that's not a
kind choice."



Name calling



Running/walking
away from
someone to be
mean



"You can only play
with us if..."

Excluding
others



Offering to help

Saying "hi" to
people



Following the
rules even when
no one is looking

Standing up for
someone



Picking up
something
someone dropped

Apologizing when
you hurt
someone



keeping your
hands to yourself



cleaning up
after yourself



Moving away
from someone in
the circle to sit
with a friend



Waiting for
everyone to have
food before
eating



Complaining when
you're paired up
with someone
you didn't chose



"I'm glad you're
my friend."



"Ew, that's gross.
You're gross."



"Why are you
so ___?"



