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Teaching Kindness is Essential.

When children don't feel welcomed, included, and physically and emotionally safe, they won't be able to learn. I'm Nicole Black and I create resources to help create a classroom community, to limit bullying behaviors, and to intentionally help kids speak and act with kindness more often.

Kindness can be taught. This resource will help you do it.



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Thanks to
Educlips for the
Clip Art.



You'll LOVE these other Kindness Resources:



EMERGENT READER BUNDLE: 18 KINDNESS TOPICS

SEL CURRICULUM

Volunteer Emergent Reader Discussion Starters:

- What is volunteering?
- How can you be a volunteer?
- Why is it important to speak with kindness?
- How is saying "I'm kind" a compliment?
- How does it feel when you get a compliment?
- When do we need to say "Excuse me"?
- How can you cheer on your classmates?
- How does saying "I'm sorry" make you feel?
- How does saying "Thank you" make you feel?
- Has anyone every said anything that hurt your feelings?
- What are some things you can say to great people and make them feel welcome?

Speak with Kindness Emergent Reader Discussion Starters:

- What is volunteering?
- How can you be a volunteer?
- Why is it important to speak with kindness?
- How is saying "I'm kind" a compliment?
- How does it feel when you get a compliment?
- When do we need to say "Excuse me"?
- How can you cheer on your classmates?
- How does saying "I'm sorry" make you feel?
- How does saying "Thank you" make you feel?
- Has anyone every said anything that hurt your feelings?
- What are some things you can say to great people and make them feel welcome?

EARLY READER BUNDLE: 18 KINDNESS TOPICS

SEL CURRICULUM

Volunteer Emergent Reader Discussion Starters:

- What is volunteering?
- How can you be a volunteer?
- Why is it important to speak with kindness?
- How is saying "I'm kind" a compliment?
- How does it feel when you get a compliment?
- When do we need to say "Excuse me"?
- How can you cheer on your classmates?
- How does saying "I'm sorry" make you feel?
- How does saying "Thank you" make you feel?
- Has anyone every said anything that hurt your feelings?
- What are some things you can say to great people and make them feel welcome?

Speak with Kindness Emergent Reader Discussion Starters:

- What is volunteering?
- How can you be a volunteer?
- Why is it important to speak with kindness?
- How is saying "I'm kind" a compliment?
- How does it feel when you get a compliment?
- When do we need to say "Excuse me"?
- How can you cheer on your classmates?
- How does saying "I'm sorry" make you feel?
- How does saying "Thank you" make you feel?
- Has anyone every said anything that hurt your feelings?
- What are some things you can say to great people and make them feel welcome?

100 DAYS OF KINDNESS SCHOOL ACTIVITIES

SEL CURRICULUM

100 Days of School Kindness Activities For Classrooms

100 Days of School
100 Acts of Kindness
100 Days Kinder

Includes:

- 100 Kindness Activities
- Recording Sheet
- Certificate of Completion

100 Days of School, 100 Acts of Kindness, 100 Days Kinder

This certifies that _____ has completed 100 Acts of Kindness and is now officially, 100 Days Kinder!

YEAR OF INTERACTIVE KINDNESS BULLETIN BOARDS

SEL CURRICULUM

CUP O'KINDNESS

LITTLE DROPS OF KINDNESS

WE BE-LEAF IN KINDNESS!

YOU'RE SO SWEET!

THE KINDNESS ZOO BUNDLE

SEL CURRICULUM

The Kindness Zoo

Crocodile compliments others.

Antelope asks how he can help.

Bear brings a friend a gift or note.

Zebra zealously cheers on her friends.

FOUR SEASONS KINDNESS ULTIMATE BUNDLE

SEL CURRICULUM

20 SEL RESOURCES!

I am Kind in Spring

I am Kind in Summer

I am Kind in Winter

I am Kind in Fall

How to Use the Family Goals and Classroom Goals for the New Year to Focus on Kindness



New Year's Eve is synonymous with resolutions, a firm decision to do or not do something that can turn into a habit (or breaking a habit).

These Family Goals and Classroom Goals for the New Year to focus on kindness is a way to help kids create resolutions and namely a new habit: kindness.

Instead of coming up with a resolution, you give the kids a kindness one: to speak and act with kindness more often with less reminders from adults.

But then they need a plan with real ideas.

Print out the goal sheet for your whole family or one for each student.

Then as a group, brainstorm ways kids can be kind to each group on the sheet with real examples. If they're struggling, you can use these ideas:

- offer to help
- offer to do a chore
- ask if someone wants to play with you
- ask what they want to play
- offer to let someone sit next to you
- offer to share the last cookie
- bring in a neighbor's trash can
- smile and wave to people we pass in the hallway/street
- offer to share your supplies if they need it
- cheer someone on when they do something hard
- give a compliment to someone
- hold the door for someone
- help someone do something that feels hard for them

Family Goal for the New Year: Focus on Kindness



Brainstorm: How can we be kind to each other?

- 1.
- 2.
- 3.
- 4.
- 5.

Brainstorm: How can we be kind to our neighbors?

- 1.
- 2.
- 3.
- 4.
- 5.

Brainstorm: How can we be kind to classmates?

- 1.
- 2.
- 3.
- 4.
- 5.

Brainstorm: Where/How can we volunteer or give to?

- 1.
- 2.
- 3.
- 4.
- 5.

*Let's make
this year
The year of
Kindness.*

Class Goal for this year: Focus on Kindness



Brainstorm: How can we be kind to each other?

- 1.
- 2.
- 3.
- 4.
- 5.

Brainstorm: How can we be kind to our families?

- 1.
- 2.
- 3.
- 4.
- 5.

Brainstorm: How can we be kind to friends?

- 1.
- 2.
- 3.
- 4.
- 5.

Brainstorm: How can we be kind to our neighbors?

- 1.
- 2.
- 3.
- 4.
- 5.

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this year
The year of
Kindness.*