



## HELLO PARENTS,

Teaching children to be kind creates a supportive, positive environment and makes them feel better about themselves and others. Kindness is a path to feeling good about yourself, others, and the world around you. When we teach a child how to do a kind act, we are giving them a powerful tool both for personal well-being and to make a measurable impact on the people around them. In this newsletter, you will find activities that will extend your child's understanding of simple random acts of kindness.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### BE KIND BABY

##### MATERIALS:

- Stuffed animals or toys

##### DIRECTIONS:

- [Click here](#) to read "Be Kind Baby" by Jane Cowen-Fletcher.
- After reading the story, place the toys on the floor and invite your child to explore them.
- Encourage your child to hold the toys and take turns playing with them.
- Recognize your child's expressions. For example, if your child smiles, you smile back.

[Click here](#) to listen to the song "Being Kind To Each Other".

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### CREATE "GO BAGS"

##### MATERIALS:

- Paper bags or shopping bags

##### DIRECTIONS:

- Explain to your child that together you will be choosing some books and toys that your child no longer uses. Tell your child that these chosen books and toys will be given to another child who can use them.
- Go through old toys and books with your child and decide which ones can be donated.
- Fill the bags with these selected toys and books.
- Encourage your child to draw a picture or you can write a note and put it inside the bags.

[Click here](#) to read "Helping the Wild Dog".

### PRESCHOOLERS (2.5 – 5 YEARS)

#### KINDNESS PAPER CHAIN

##### MATERIALS:

- Colour paper
- Markers
- Scissors
- Tape or glue

##### DIRECTIONS:

- Cut colorful construction paper into strips.
- Encourage your child to think about times when someone has been kind to them.
- Help your child write the act of kindness on a strip of paper.
- Bend the strip of paper into a circle and tape or glue it.
- Repeat this process on the remaining strips of paper.
- Take another strip of paper and loop it through the first one. Continue this process to make a chain.
- Remind your child that the kind acts they perform can be added to the chain.
- Make it a challenge to see how long the chain can be.

[Click here](#) to find more acts of kindness for your child.

[Click here](#) to read "Have You Filled a Bucket Today?" by Carol McCloud.

### JK/SK (4 – 6 YEARS)

#### ACT OF KINDNESS - A LONG DISTANCE HUG

##### MATERIALS:

- Paper
- Crayons or markers
- Yarn or string
- Glue
- Scissors
- Envelopes
- Stamps
- Pen

##### DIRECTIONS:

- Ask your child to trace their hands and use the scissors to cut them out.
- Cut a length of string or yarn and glue one end to each hand cut-out.
- Write a message on each hand, or decorate the hands.
- Add a small card telling the recipient that they are receiving a long distance hug.
- Mail the hug to a friend or a family member.

[Click here](#) to read "How Full Is Your Bucket?" by Tom Rath & Mary Reckmeyer.

### SCHOOL-AGERS (6 – 12 YEARS)

#### SILENT APPRECIATION GAME

##### MATERIALS:

- Paper
- Markers or pencils
- Bowl
- Scissors

##### DIRECTIONS:

- Cut out squares from the paper, big enough to write on them.
- Write the names of family members on each square.
- Fold them up, put them in a bowl and mix them together.
- Ask everyone to choose one paper from the bowl.
- Write down a compliment about the person that you chose. For example:
  - One thing I have learned from you is...
  - I admire your personality because...
  - I am so grateful that you are...
  - I have confidence in you when...
  - Some great things about you are...
  - I think it is great the way you...
  - I enjoy spending time with you because...
- Fold the paper back and put it in the bowl.
- Continue playing the game until everyone writes a compliment on each person's paper.
- Give each family member the square to read out loud and share with everyone.

[Click here](#) to find more random acts of kindness ideas.

[Click here](#) to read "Each Kindness" by Jaqueline Woodson



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and Citizenship Canada

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#### A TIP FOR TODAY

- Talking to your child about kindness can start with listening to what they have to say.
- Ask your child how they define kindness and what counts as kindness to them.
- Choose someone to surprise with a kind note.
- Help your child write a kind note.
- Remember, kindness is contagious. The more we think about it, and the more we talk about it, the more kindness there will be in the world.