

Kindness

Craft

Pipe Cleaner Flower

See attached sheet! Give your flower to someone when you are finished!

Rhyme

For a video of this rhyme visit: https://www.youtube.com/watch?v=qghkj_15Kxw&t=1s

I Put My Hands Together

I put my hands together (**put hands together like prayer pose**)

This is how I start

I curve my fingers right around (**curl fingers down to make heart shape**)

And I can make a heart!

Movement Song

for a video of this rhyme with ASL signs visit: <https://www.youtube.com/watch?v=zraiF3sp9nE>

The More We Get Together

The more we get together together together

The more we get together the happier we'll be

'cause your friends are my friends

And my friends are your friends

The more we get together the happier we'll be

Songs

Like the kids songs? Check out the full albums at the library!

"Share" by Renee & Jeremy:

<https://www.youtube.com/watch?v=90pIXbNzT-M>

"Taking Turns" by Leeny & Tamara:

<https://www.youtube.com/watch?v=RQm-wJFBR2w>

"Put a Little Love In Your Heart" by Renee & Jeremy:

<https://www.youtube.com/watch?v=vPPJo4vEfpw>

"Nothing More" by The Alternate Routes:

<https://www.youtube.com/watch?v=5XXsiHOPb8Q>

"Give Love" MC Yogi:

<https://www.youtube.com/watch?v=rpVUih5nY9g>

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Sensory Activity

Kind Words

- Have a discussion about kindness – what are some ways to be kind? How do you be a good friend? How do friends speak to each other?
- Take out the cotton balls. Let your children touch them, squish them, and rub them on their arm. Ask your children how the cotton balls feel. Use descriptive words like soft, fluffy, and light. If words were cotton balls, how would it feel to have them bouncing on your arm? Fill your cup up with cotton balls and pour it out on each child's arm. Have your children tell you words that are like cotton balls (for example: please, thank-you, compliments, May I help you?, good job, etc)
- Take out the piece of sandpaper for each child to touch. As they touch it, ask them how the sandpaper feels. Use descriptive words like rough, poky, or sharp. If words were sandpaper, how would it feel to have them rubbing on your arm? (Don't really do it because it would hurt!) Have your children tell you words that are like sandpaper (for example: mean words, a mean voice, calling names, unnecessary criticism, etc). Show your children how sandpaper can scratch something like a scrap of wood or a piece of plastic. Tell them sandpaper words "scratch" our feelings. It hurts when people talk to us in a mean voice or say mean things.
- Give your children a scenario where they have a problem, and see how they could use cotton words or sandpaper words to try to fix it. Which would be most helpful?

Activity

Visual Kindness

For every kind thing you do (word, action, etc) through the week, write it down on a slip of paper. Turn the paper slips into a paper chain, or put in a jar so you can see how many kind things add up! If you want to see how kindness grows, add kind things that were done *for* you to the chain/jar as well!

Game

Kindness Catch

Take turns throwing or rolling a ball to each other – when you catch the ball, say something kind to one of the other players, or say a kind/positive/happy word – whatever works best for your family!

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