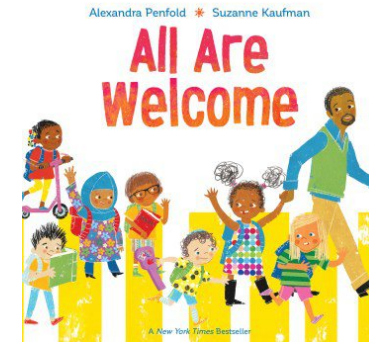
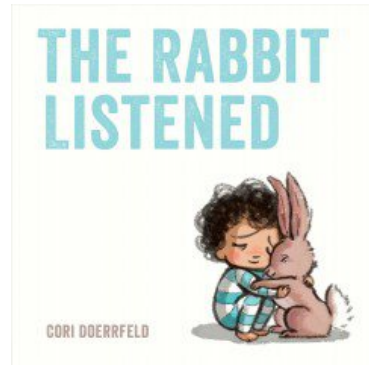


Kindness & Community

Read!



Sing!

Tune: Frere Jacques
Kind and gentle, kind and gentle,
Are my hands, are my hands.

Hands are made for holding,
Hands are made for clapping,
Gentle hands, gentle hands.

Kind and gentle, kind and gentle,
Are my feet, are my feet.

Feet are made for walking,
feet are made for dancing,
Gentle feet, gentle feet.

Kind and gentle, kind and gentle,
Are my words, are my words.

Words are made for talking,
words are made for singing,
Gentle words, gentle words.



Kindness Is A Muscle
Music Video



Peace Like A River
by Elizabeth Mitchell

Talk!

Did you know conversation with your child helps to build their vocabulary and prepares them to learn to read? Discuss today's stories by asking your child leading questions. What does it feel like to be kind to others? How does it make you feel when someone is kind to you? Discuss examples of kindness you've experienced and ways to spread kindness in your community.



Make!

Paper Chain of Kindness

Materials Needed:

Paper
Scissors
Markers
Ruler
Stapler

- 1) Use a ruler and marker to draw cut lines to make strips of paper.
- 2) Cut along lines with scissors.
- 3) Talk about kindness: What is it? How does it make us feel? Write down examples of kindness you have done or experienced on the strips of paper.
- 4) Roll the strips of paper into circles and staple together making a chain.
- 5) When you are kind or someone is kind to you add another link. Keep adding acts of kindness until it reaches all the way around the room!