



Kindness

Storytime To Go

Books

I am Kind

Suzy Capozzi

If You Plant a Seed

Kadir Davick

What Does it Mean to Be Kind?

Rana DiOrio

I Walk With Vanessa

Kerascoet

Come with Me

Holly M. McGhee

Be Kind

Pat Zietlow Miller

Mela and the Elephant

Dow Phumiruk

Because Amelia Smiled

David Ezra Stein

I am Human: A Book of Empathy

Susan Verde and Peter Reynolds

Songs

If You're Kind and You Know It

(tune: *If You're Happy and You Know It*)

If you're kind and you know it
help a friend.
If you're kind and you know it
help a friend.
If you're kind and you know it and
you really want to show it.
If you're kind and you know it
help a friend.

If you're kind and you know it
share a book.
If you're kind and you know it
share a book.
If you're kind and you know it and
you really want to show it.
If you're kind and you know it
share a book.

If you're kind and you know it give
a hug.
If you're kind and you know it give
a hug.
If you're kind and you know it and
you really want to show it.
If you're kind and you know it
give a hug.

If you're kind and you know it say
thank you.
If you're kind and you know it say
thank you.
If you're kind and you know and
you really want to show it.
If you're kind and you know it say
thank you.

Kindness is Everywhere

By Pam Donkin

In every smile and helping hand
From here to there, across the
land.
Take a look you'll find it's there
Kindness is everywhere.

Kindness flies out like a bird.
On every gentle word that's
heard.
People taking time to care.
Kindness is everywhere.

It's in me and it's in you.
It's in the little things we do.
There's a need and so we share.
Kindness is everywhere.

Chorus:

Kindness is everywhere
Flowing free for us to share
From the river down to the sea
Back through you and me.

Source: childrensmusic.org

Action Songs/ Rhymes

I Have a Little Heart

I have a little heart
(*place hand over heart*),

and it goes thump, thump,
thump
(*pat chest three times*).

It keeps on beating,
when I jump, jump, jump
(*jump three times*).

I get a special feeling, when I
look at you
(*point to someone*).

It makes me want to give you
a hug or two
(*hug yourself*).

Source: library.com

Let's Be Kind

(tune "Frere Jacques")

Let's be kind, let's be kind.

In our heart and in our mind.

To our family, to our friends.

Let's be kind, let's be kind.

Source:
www.storybookstephanie.com

Art Projects

Paper Chain of Kindness

Supplies needed:

Various colors of construction
paper

Scissors

Markers or colored pencils

Glue stick

Cut paper into strips. Discuss
with child various types of
kindness and how kindness can
be shown to others by using kind
words, kind actions, kind hands,
and kind thoughts. Think of ways
to be kind to oneself, being kind
to others, and being kind to ani-
mals and the environment.

Ask child what kindness they
have done today and have them
draw a picture of it on a strip of
paper or an adult could write
down the act of kindness.

Next, show child how to link
paper together and watch the
kindness chain grow! Find a
location to keep the chain on
display and let child add to the
chain daily.

Source: sugarspiceandglitter.com



Early Literacy Take Home:

Children learn how to process
language and concepts more
quickly when adults close to
them engage them in
conversation. Talk to your child
and respond to their answers.
Begin a conversation about
kindness with your child. Ask
them, "Can you think of some
ways that you can be kind?"
Conversations will help children
learn new vocabulary and
become better readers.



Questions about this kit?
Email youth services staff
at youth@nols.org or
contact staff at
(360) 417-8500 x7705.

www.nols.org