

Color in a Rainbow of Kindness!

Here are 20 ways to be kind at school.

Each time that you do one, color in the box until you can fill both pages.

- Welcome a new student
- Share food and snacks
- Invite someone who is shy to play at recess
- Help my teacher find things
- Stand up for myself and others to stop bullying
- Put chairs away without being asked
- Share glue, crayons, pencils and erasers with others
- Be a peer tutor to help another student
- Pick up trash on the floor of the classroom or cafeteria
- Read to another student, especially in a lower grade
- Help each other win



- Listen to others
- Say "please" and "thank you"
- Don't call someone names
- Tie someone's shoe who doesn't know how and teach them how to do it
- Loan someone your coat when they are cold and don't have one
- Clean a mess that was in the sink
- Buy an item or snack for someone who doesn't have enough money
- Cheer someone up when they are sad
- Give someone instructions to do their work

How can you be kind to your friends, neighbors and people in your community?

Students came up these ways.

Kindness is...

- Making someone smile
- Saying "I'm sorry"
- Helping someone up when they fall down
- Not being a bystander when someone is getting bullied and saying, "Leave them alone!"
- Helping an older woman pick up her books
- Sharing my soccer ball or football
- Teaching someone to swim or to ride a bike
- Making a kindness card for someone
- Sharing my watch so my friend is not late for school
- Bringing someone water when we are playing outside



Can you think of some others things that you do?

Students came up with these great ideas to be Kind to Yourself:

Kindness is...

- Eating healthy food and drinking water
- Exercising
- Talking nicely to yourself
- Staying healthy
- Learning to get a good education
- Brushing your teeth
- Keeping clean
- Being true to yourself

*How are you kind to yourself?
Can you add some more?*



Students thought of important ways to be kind to animals:

Kindness is...

- Feeding my pet
- Walking my pet
- Giving my pet water
- Taking a pet to the vet when it is sick
- Playing Frisbee with my dog
- Bringing in a stray dog during a hurricane

Do you have a pet in your life?
What do you do to take care of your pet?



Students had these favorite ways to be Kind to their Family:

Kindness is...

- Reading books to my sister and/or brother
- Sharing toys
- Playing school with my brother, sister and cousins to help them get a better education
- Helping my sister learn English
- Sharing TV with my brother or sister
- Thanking my parents for caring about me
- Taking out the trash
- Letting my brother get on the computer first
- Taking care of my baby sister or brother when they are sick
- Helping my mom clean the house or do laundry when she is not feeling good
- Preparing dinner for my family
- Making a present when someone is sick

These are some awesome ways to be Kind to the Earth

Kindness is....

- Picking up trash
- Recycling
- Not throwing food on the ground
- Being kind to the world
- Planting trees
- Keeping the ground/the earth clean
- Watering plants
- Caring for the world
- Not littering

