



Kindness & Community Kit

 Big Life Journal

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GROWTH MINDSET

printables

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Resilience -KIT-

With these fun and engaging activities, your children or students will learn how to:

- cope in spite of setbacks
- welcome mistakes as opportunities
- overcome obstacles

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GROWTH MINDSET

KIT

These printable worksheets, posters, activities, and coloring pages designed to help children develop grit, resilience, and perseverance. Your children or students will learn how to overcome obstacles and welcome mistakes as opportunities to learn!

[Click here to learn more.](#)



5 day KINDNESS Challenge

To complete this challenge, choose a challenge buddy and go through the activities together. Once you complete each activity, put a checkmark next to it below.



MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

-  5 Ways I Can Show Kindness Today
-  Compliment Circle
-  I See The Good In Others
-  I Am Kind To The World
-  I Am Kind To Me


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day
1

5 WAYS I CAN SHOW KINDNESS today

Color a square as you complete kind acts throughout your day.
Add your own kind acts in empty squares. Make sure to complete at least 5 squares!

Hold the door for someone		Say hello to a stranger	Let someone go first
Tell someone you appreciate them		Offer someone help	
Invite someone new to play with you			
Tell a joke to cheer someone up	Call a relative and ask about their day	Tell someone why they are special to you	Give someone a compliment

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5-DAY KINDNESS CHALLENGE - BIGLIFEJOURNAL.COM

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Compliment Circle

Invite others to join this activity. Print enough sheets for everyone and sit in a circle. Write your name below then pass the paper to the person next to you. Complete the sentences below about the person whose name is written on the top. Continue until YOUR sheet comes back to you and read what others wrote.

NAME _____

I appreciate when you

One thing I like about you is

I think you're great at

day
3

"I see the GOOD in Others"

It's important to look for the good in others and be kind to each other despite differences.
Think of someone who made you upset or sad recently and complete this page.

Person's name _____

One **UNIQUE** thing
about this person

One thing we have in **COMMON**

One thing I **LIKE** about this person

day
4

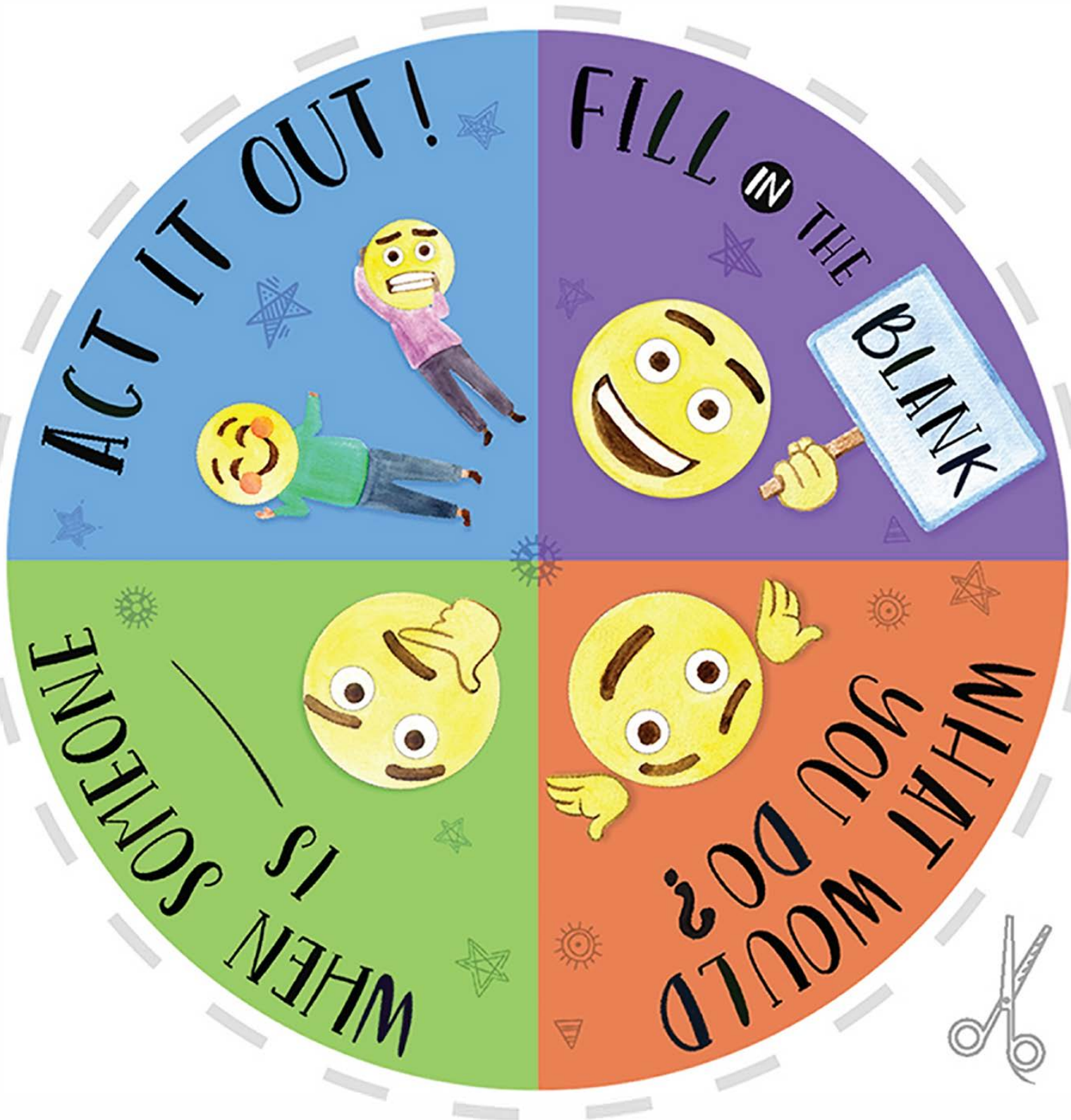
I'm Kind to the World

Write down 4 ideas how you can be kind to our planet and other people.

The central illustration features a globe of the Earth with a bicycle and a tree on top. Four blue arrows radiate from the globe to four large, empty circles arranged in a square. Surrounding the globe are several icons: a box labeled 'DONATIONS', a card that says 'THANK YOU' with three hearts, a recycling bin, a girl carrying a trash bag, a water tap with a single drop of water, and a reusable cup.




WHAT'S THE EMOTION?






How to Make



1 Cut out the **wheel** on page 1 and place it on an even surface.

2 Cut out the **Act It Out cards** on page 3 and place face down in a pile (optionally, make your own Act It Out cards on page 4).




3 **Make a spinner.** Use a pencil tip and a paper clip to make a spinner. Place a paper clip in the center of the spinner. Place the pencil point in the center of the spinner and push the end of the paper clip so it rests behind the pencil point and spin!



How to Play

Two or more players



Spin the wheel. If the "Act it Out" category is chosen, pick one of the Act It Out Cards and act out the emotion without using words. Other players will need to guess the emotion.

If any other category is chosen, another player will choose a question for you on page 5.

Take turns spinning the wheel!

Act It Out Cards



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FRUSTRATED



HAPPY



ANGRY



SAD

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EMBARRASSED



NERVOUS



DISAPPOINTED

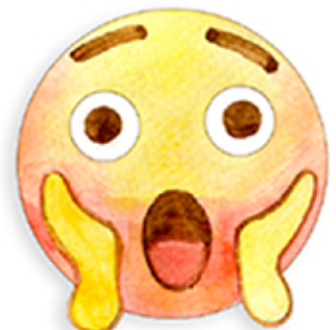


CONFUSED



PROUD

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SCARED

CREATE YOUR OWN

Act It Out Cards




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WHAT WOULD YOU DO



1. if your friend fell at the park and got hurt?
2. if your friend did something kind for you?
3. if you saw someone lonely on the playground?
4. if your friend got first place in a race?
5. if you saw someone who looked embarrassed?
6. if you saw someone jumping for joy?
7. if your friend is nervous to try out for a team sport?
8. if your friend was moving far away at the end of the year?

Make Up Your Own!

- if your friend _____?

WHEN SOMEONE IS _____



1. happy, you can _____.
2. embarrassed, you can _____.
3. surprised, you can _____.
4. lonely, you can _____.
5. disappointed, you can _____.
6. nervous, you can _____.
7. proud, you can _____.
8. frustrated, you can _____.

Make Up Your Own!

- is _____, you can _____.

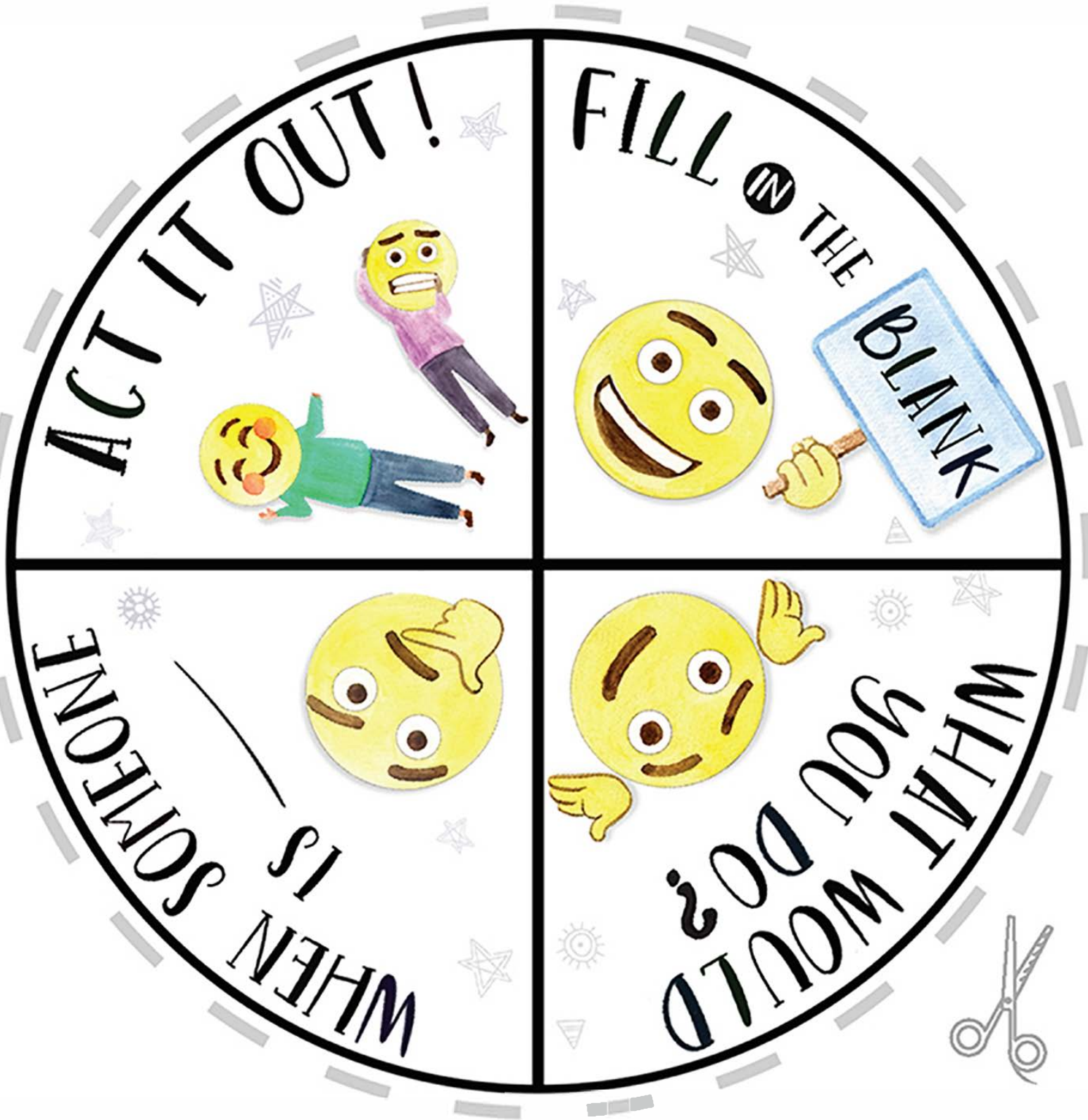
FILL IN THE BLANK



1. You feel _____ when your friend doesn't want to play with you.
2. You asked some kids at the playground to play and they said YES! You feel _____.
3. It's your birthday and someone gives you a present you really wanted, you feel _____.
4. When you don't want to do your homework, you feel _____.
5. When you put a very complex puzzle together, you feel _____.
6. When you go to your favorite restaurant, you feel _____.
7. You miss the winning shot at your game and you feel _____.
8. When you are playing with your friends, you feel _____.
9. Your friend said they would come over to play but got sick, you feel _____.

Come up with your own situation!

WHAT'S THE EMOTION?

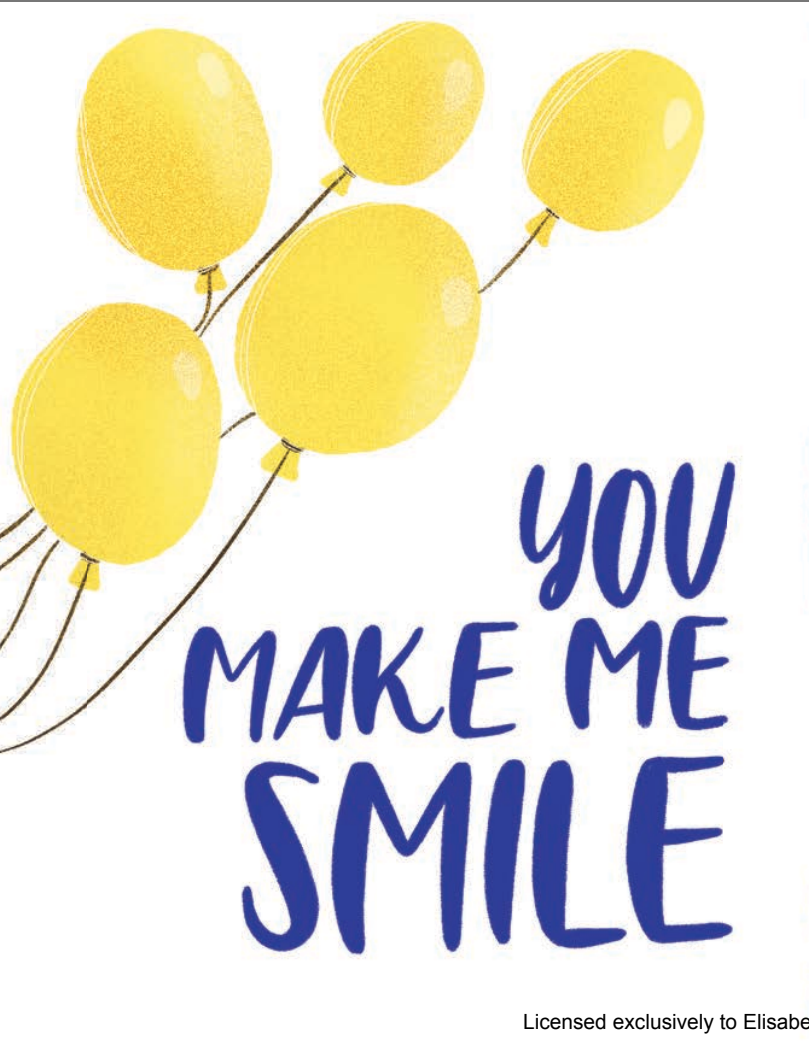




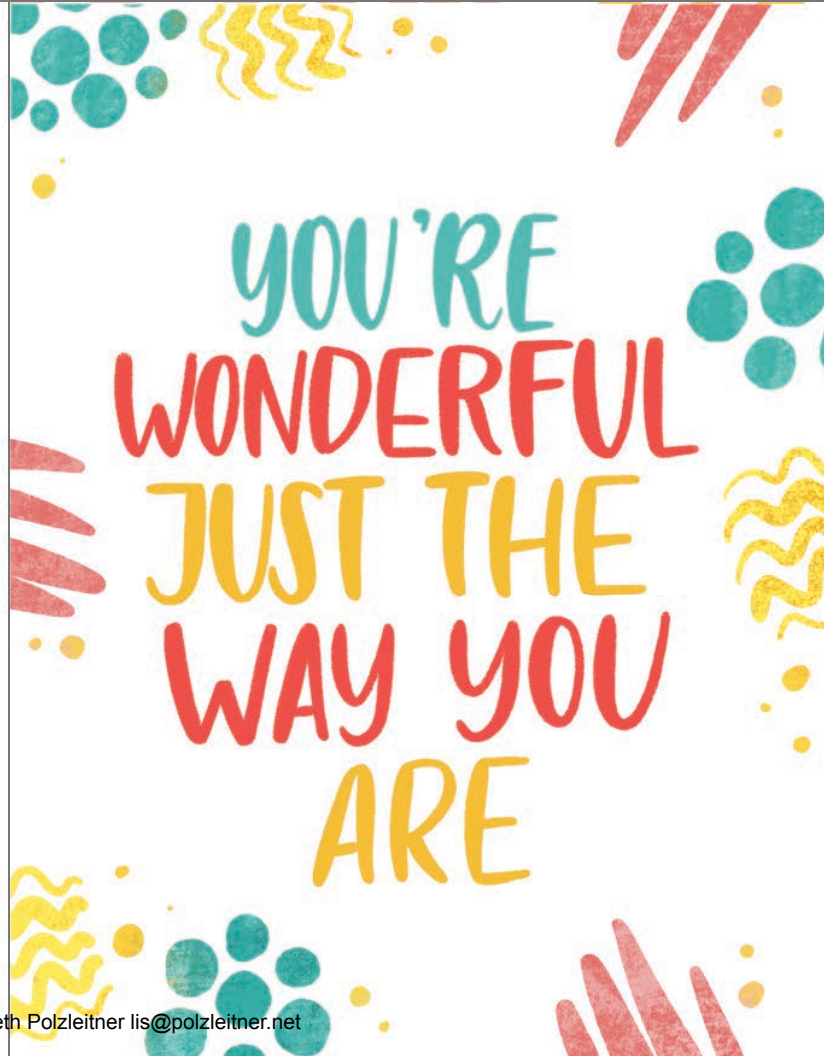
You are
AWESOME
because



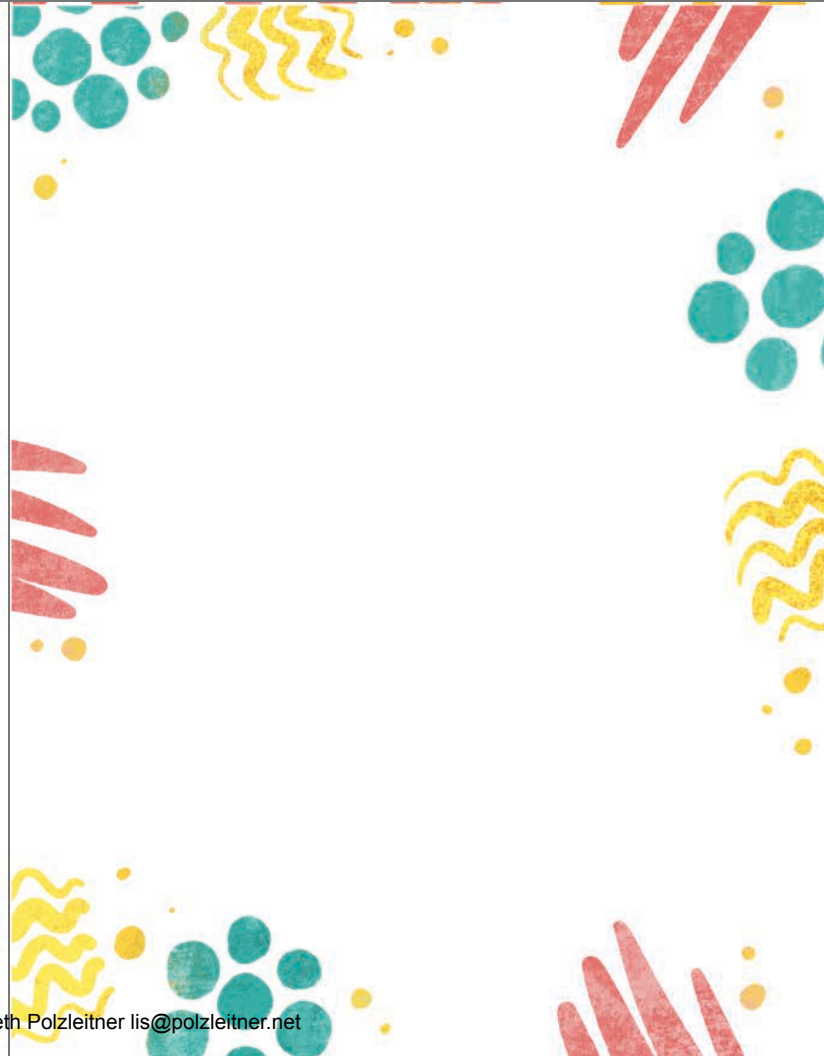
I love
SPENDING
time with
YOU



YOU
MAKE ME
SMILE



YOU'RE
WONDERFUL
JUST THE
WAY YOU
ARE





10 WAYS TO PROTECT OUR PLANET

1. Buy fewer things
2. Reuse before recycling
3. Use reusable bags when shopping
4. Conserve water
5. Walk, cycle, or take public transportation
6. Eat organic when possible
7. Line dry your clothes
8. Use less air conditioning and heat
9. Use glass instead of plastic
10. Encourage others to do the same



YOU CAN MAKE A DIFFERENCE!

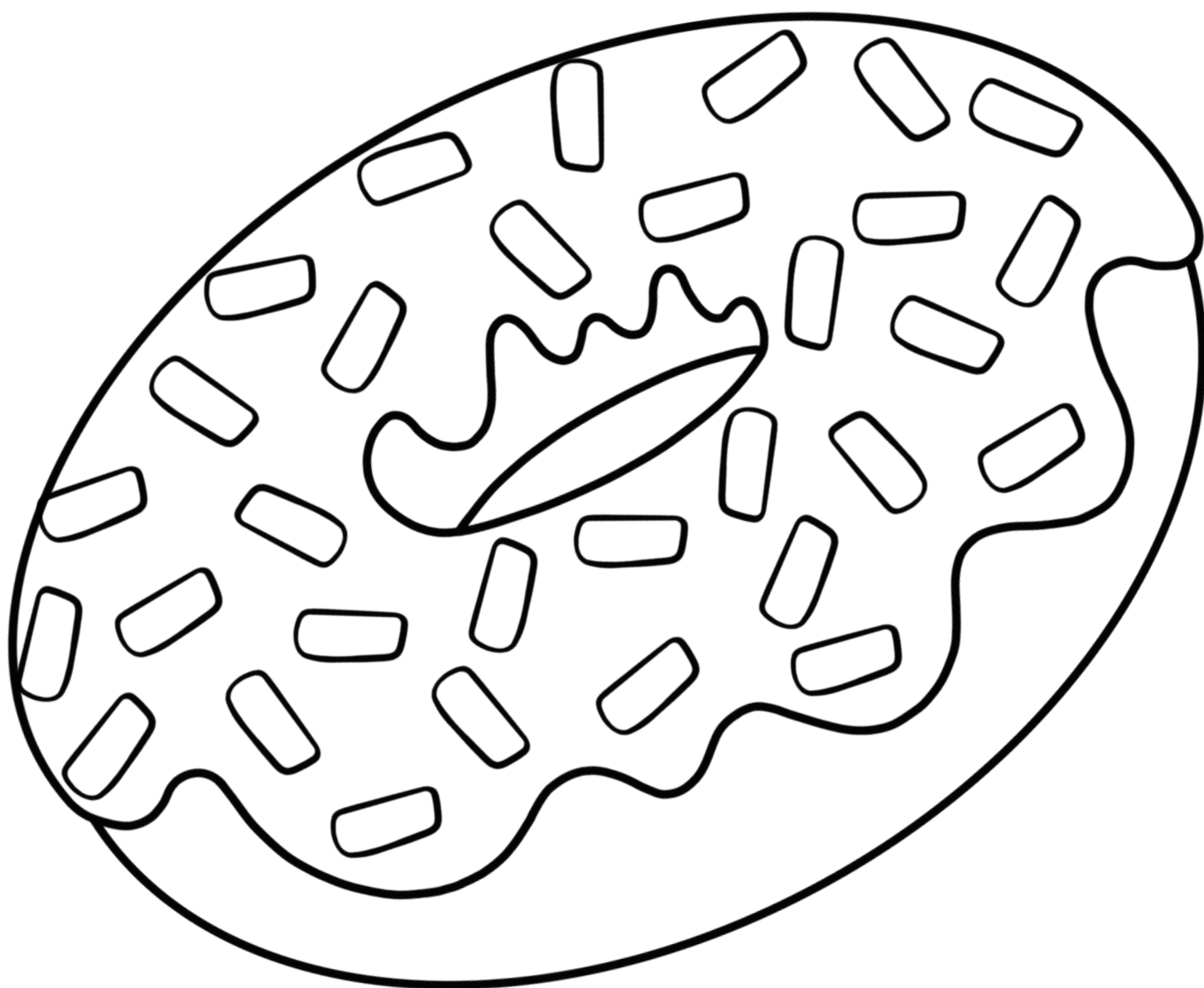
30 ways to make a Difference

1. Volunteer at a food bank (for example, unpacking or sorting)
2. Adopt a nursing home resident "grandparent" and visit regularly
3. Bake and deliver cookies to the neighbors, police station, or fire station
4. Drop off presents during toy drives
5. Donate things to a local thrift store
6. Take a walk around the park or neighborhood and pick up garbage
7. Bring flowers to your teacher
8. Donate new pajamas for foster kids
9. Make cards and drawings for nursing homes
10. Organize a lemonade stand for charity
11. Bake cookies and sell for charity
12. Organize a clothing drive or book drive
13. Draw positive messages on sidewalks using chalk
14. Read stories to the dogs in a local animal adoption shelter
15. Make blankets for refugees
16. Volunteer at a community garden
17. Donate old stuffed toys and blankets to a dog rescue center
18. Donate food to the food collection bins in the supermarket
19. Make a get-well card for someone
20. Make thank-you cards for soldiers, firemen, policemen, nurses, or mail carriers
21. Bring reusable bags every time you shop
22. Collect hygiene items for a local homeless shelter
23. Donate socks, gloves, or hats to homeless people
24. Organize a tree planting event
25. Adopt a family (share a meal) for Thanksgiving or another holiday
26. Buy extra school supplies for a teacher
27. Write a kind note for someone's lunchbox
28. Adopt an animal online
29. Leave kindness rocks at the park
30. Talk to someone new at school



My KINDNESS tracker

Color in the sprinkles as you do kind things for yourself or others.



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My KINDNESS tracker

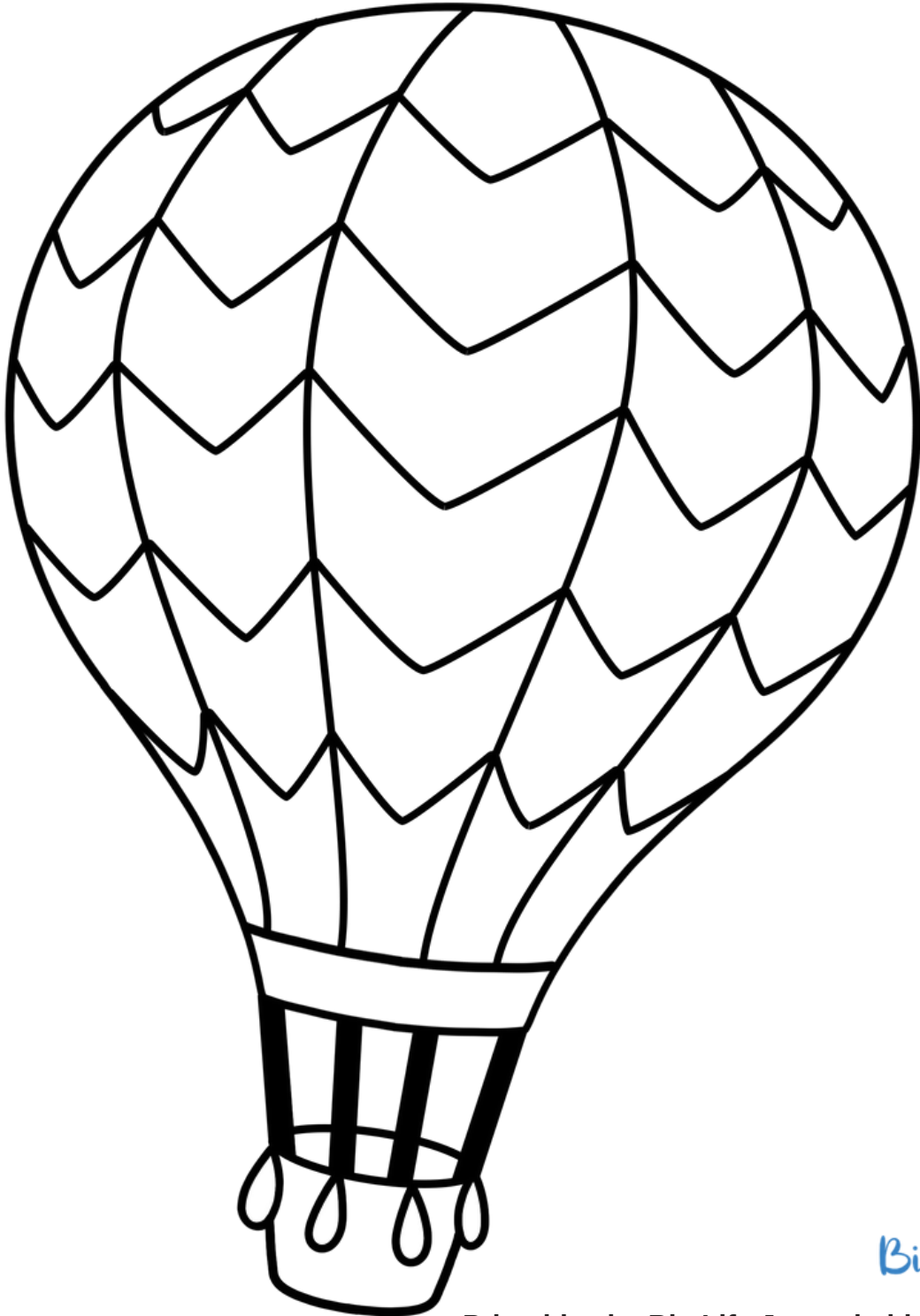
Big Life Journal

Color one of the rays and write down the name of a person you did a kind thing for.



My KINDNESS tracker

In a world where you can be anything, be kind.

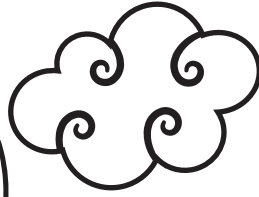




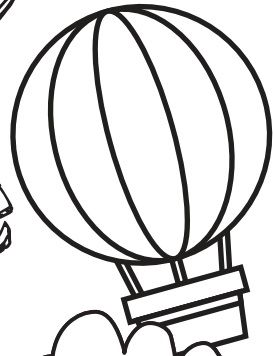
In a



WORLD

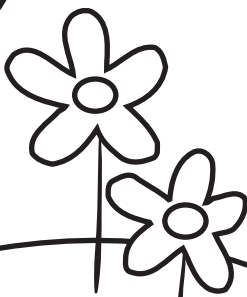
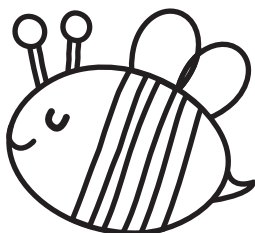
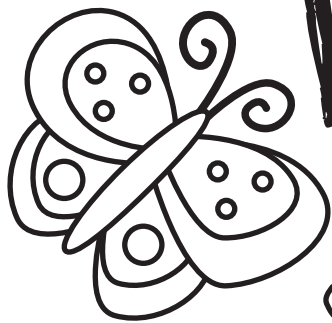
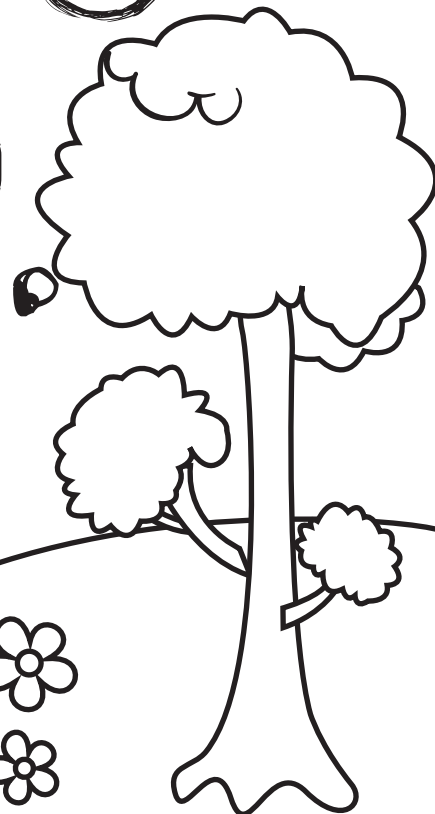


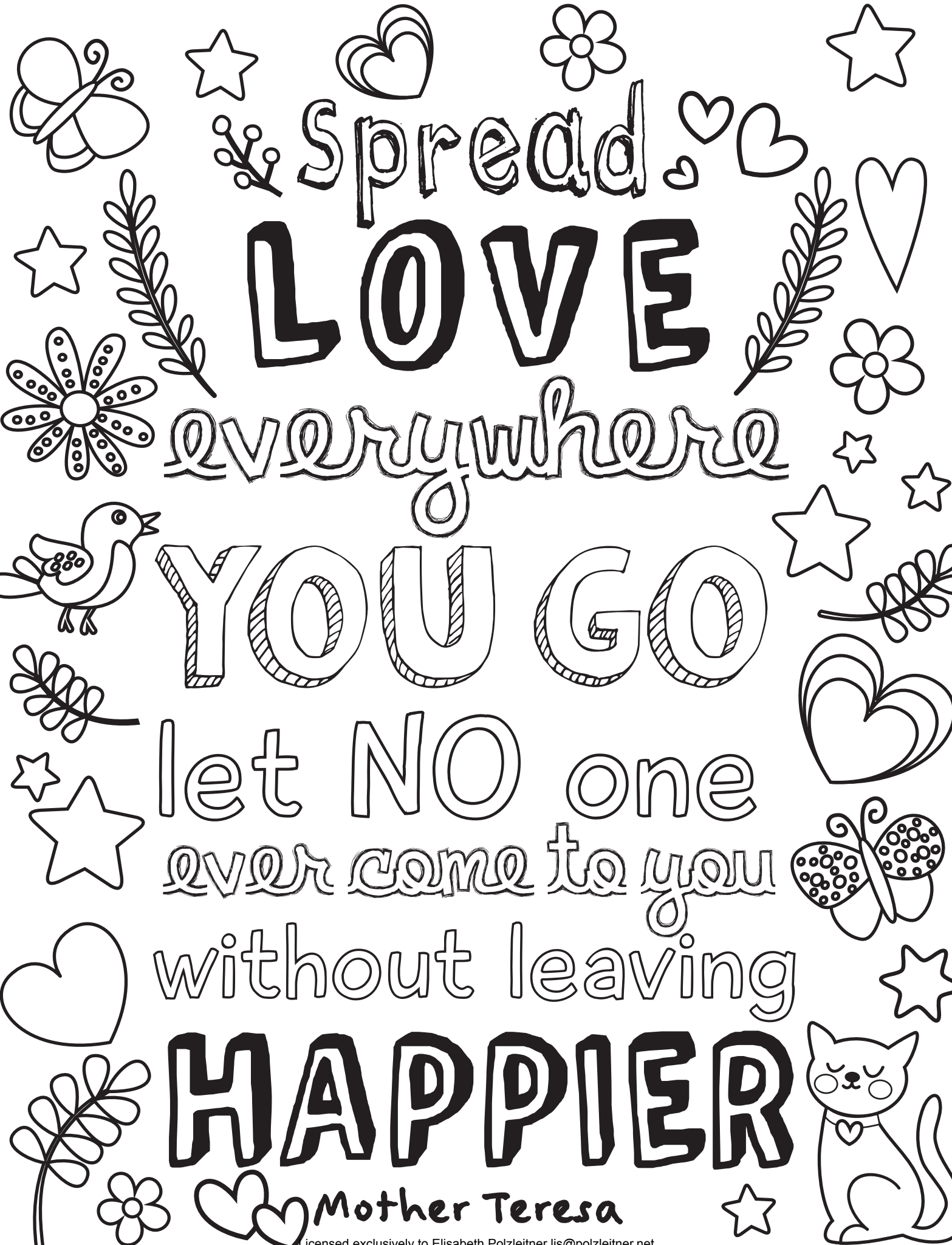
where You can be



anything,

BE KIND





Spread

LOVE

everywhere

YOU GO

let **NO** one
ever come to you

without leaving

HAPPIER

Mother Teresa

A little
spark of
KINDNESS
can put a
COLOSSAL
BURST of
SUNSHINE
into someone's day

there's always
ROOM
one more

The text is arranged in three lines. The first line, 'there's always', features lowercase letters in red, blue, and green with a small grey animal head above the 's'. The second line, 'ROOM', consists of large, blue, 3D block letters with a grey animal head on the left and a white rabbit head on the right. The third line, 'one more', has 'one' in yellow with a scalloped border and 'more' in green with a snake-like pattern. A red diamond-shaped sign with the word '-FOR-' is positioned between 'ROOM' and 'more'. Green leafy branches are scattered throughout the text.



IF YOU SEE
SOMEONE
Without a *Smile*,
GIVE THEM
ONE of YOURS

DOLLY PARTON

when given
the
CHOICE
between
Being **RIGHT**
and
Being **KIND.**
CHOOSE KIND
-WONDER-

25 WAYS TO BE A KIND SIBLING

1

Name 3 things you love about them



2

Make them a snack

3

Give a back rub

4

Listen

5

Encourage throughout the day

6

Write them a letter or poem

7

Keep them company

8

Create an album of special moments together



9

Let them go first

10

Complete one of their chores



11

Cheer them up

12

Say "thank you" often

13

Do a random act of kindness

14

Help with their homework

15

Play their favorite game together

16

Say "I am sorry" when you are



17

Let them choose a game to play

18

Share your treat



19

Forgive when they make you sad

20

Give a compliment

21

Put a kind note in their lunchbox



22

Offer help

23

Try to understand their view

24

Help clean up their things

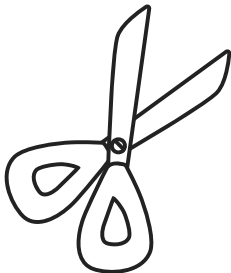


25

Decorate a box and fill with special notes

SIBLING KINDNESS STAR

Cut out the Sibling Kindness Star below. When you do an act of kindness for your sibling, leave the star behind for them to find. You can laminate this star or print it on a heavy paper so that it lasts longer.



SIBLING KINDNESS JAR



Cut the strips below, fold, and put them in an empty jar. Take turns taking the strips out of the jar and doing kind things for each other.

Name 3 things you love about your sibling.

Make your sibling a snack.

Say something encouraging to your sibling.

Help your sibling with their homework.

Give your sibling a compliment.

Keep your sibling company.

Decorate an empty box for your sibling and fill with special notes.

Complete one of your sibling's chores.

Thank your sibling for something.

Cheer your sibling up.

Do a random kind act of kindness for your sibling.

Play your sibling's favorite game together.

Give your sibling a back rub.

Say, "I am sorry" to your sibling if you are sorry for something.

Let your sibling choose a game to play.

Share a treat with your sibling.

Write your sibling a letter or poem.

Create an album of special moments together.

Put a kind note in your sibling's lunchbox.

Offer your sibling help.

Listen to your sibling if they want to tell you something.

Forgive your sibling when they make you sad.



December Kindness Bingo

Color in the square when you complete a kindness activity. Complete one or more row of squares (vertical, horizontal, or diagonal) to get BINGO!

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Write an encouraging note to someone	Draw pictures and drop off at a retirement home	Call someone who is feeling unwell	Help someone without being asked	Read a book to someone
Fill a box of toys or clothes to donate	Make someone laugh	Make an affirmation bracelet for a friend	Help a family member with a chore	Call a family member to say hello
Invite a new friend to play	Make and give out kindness rocks	Do chores without being asked	Write a thank-you note to your teacher	List 3 kind things others have done for you
Give yourself a compliment	Make a bird feeder	Leave a thank-you note for the mail carrier	Hold a door open for someone	Help clean up
Leave a kind note in someone's coat pocket	Donate old towels/blankets to an animal shelter	Tell someone you love them	Pick up trash	Give someone a compliment



7 key strategies to manage SIBLING RIVALRY

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1 ESTABLISH FAMILY RULES

In collaboration with your children, create and post clear **family rules to help minimize conflict**. Rules related to sibling conflict may include no hitting, using words to solve the problem, asking before using something, etc.



2 DEFINE FAMILY VALUES

Establish shared family values like respect, kindness, and supporting one another. Creating a **family manifesto** is a great way to provide a sense of unity and direction for your family.



3 ENCOURAGE EMPATHY AND KINDNESS

Empathy and kindness are teachable skills. Teach children to identify and understand the emotions of others by

- **modeling** these values yourself.
- celebrating when you see your children demonstrate them too. **Use specific language:** “You helped your sister tie her shoes!” (by focusing on kind and helpful acts, you’ll encourage more of them).
- **doing the activities** from the Kindness & Community Kit by Big Life Journal.



4 MODEL HEALTHY CONFLICT RESOLUTION

Model the use of “I feel” statements rather than blaming, and active listening rather than ignoring or minimizing the feelings of others. You can also model cooling down when you’re upset, navigating healthy compromise, and treating others with respect.



5 LET THEM PROBLEM-SOLVE

With minor sibling squabbles, let your children navigate the issue themselves. Before intervening, take a minute to **gain your composure** so that you can model healthy problem-solving and a calm response to conflict.



6 TEACH CALMING STRATEGIES

Teach children calming techniques like deep breathing, journaling, squeezing a pillow or stress ball, etc. Remind them screaming, calling names, and hitting will only escalate the conflict. If they **calm down first**, they can find a helpful solution.



7 TEACH ASSERTIVENESS

Provide words that children can use to set boundaries and **teach others how they would like to be treated**. For example, you might say, “Tell your brother, ‘I don’t like it when you call me names. My name is Jonah. Call me that instead.’”

TOP 40 Children's books about KINDNESS

AGES 3-8

- 1. Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids by Carol McCloud
- 2. Last Stop on Market Street by Matt De La Peña
- 3. Somebody Loves You, Mr. Hatch by Eileen Spinelli
- 4. The Kind Unicorn by Kate and Lindsay Officer
- 5. The Golden Rule by Ilene Cooper
- 6. The Giving Tree by Shel Silverstein
- 7. The Elves and the Shoemaker by Jacob Grimm and Jim LaMarche
- 8. Mouse and Lion by Rand Burkert and Nancy Ekholm Burkert
- 9. The Boy Who Grew Flowers by Jen Wojtowicz
- 10. Stone Soup by Ann McGovern
- 11. Because Brian Hugged His Mother by David Rice
- 12. Dandy Lion by Lizzie Finlay
- 13. Be Kind by Pat Zietlow Miller
- 14. This Is How We Do It: One Day in the Lives of Seven Kids from Around the World by Matt Lamothe
- 15. Land of And by Katie Mullaly and Toby Allen
- 16. Those Shoes by Maribeth Boelts
- 17. Each Kindness by Jacqueline Woodson
- 18. I Really Like Slop by Mo Willems
- 19. The Hundred Dresses by Eleanor Estes
- 20. When Charley Met Emma by Amy Webb

- 21. The Rainbow Fish by Marcus Pfister
- 22. Whoever You Are by Mem Fox
- 23. Frog and the Stranger by Max Velthuis
- 24. I Think, I Am by Louise Hay and Kristina Tracy
- 25. Nusaiba and the 5th Grade Bullies by Asmaa Hussein
- 26. Most People by Michael Lennah
- 27. A Visitor for Bear by Bonnie Becker
- 28. We're Different, We're the Same by Joe Mathieu
- 29. Listening with My Heart: A Story of Kindness and Self-compassion by Gabi Garcia

AGES 9-14

- 30. Wonder by R.J. Palacio
- 31. Kid President's Guide to Being Awesome by Robby Novak and Brad Montague
- 32. The Harry Potter Series by J.K. Rowling
- 33. Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life by Carol McCloud
- 34. The Mouse and the Motorcycle by Beverly Cleary
- 35. Charlotte's Web by E. B. White
- 36. The One and Only Ivan by Katherine Applegate
- 37. Because of Winn-Dixie by Kate DiCamillo
- 38. The Secret Garden by Frances Hodgson Burnett
- 39. Fish in a Tree by Linda Mullaly Hunt
- 40. Out of My Mind by Sharon M. Draper

TOP 30 KINDNESS and FRIENDSHIP MOVIES for FAMILIES

- 1. Trolls (2016), PG
- 2. The Fox and the Hound (1981), G
- 3. Taare Zameen Par, (2007), PG
(Stars on Earth-Hindi language)
- 4. Homeward Bound (1993), G
- 5. Wonder (2017), PG
- 6. The BFG (2016), PG
- 7. Fly Away Home (1996), PG
- 8. Charlotte's Web (2006), G
- 9. Lilo & Stitch (2002), PG
- 10. Up (2009), PG
- 11. ET (2009), PG
- 12. Big Hero 6 (2014), PG
- 13. Babe (1995), G
- 14. Because of Winn Dixie (2005), PG
- 15. Finding Dory (2016), PG
- 16. Ponyo (2008), G
- 17. The Iron Giant (1999), PG
- 18. Meet the Robinsons (2007), G
- 19. Akeelah and the Bee (2006), PG
- 20. Kiki's Delivery Service (1989), G
- 21. How to Train Your Dragon (Trilogy) (2010), PG
- 22. Zootopia (2016), PG
- 23. Paddington (2015), PG
- 24. The Kid Who Would Be King (2019), PG
- 25. The Peanuts Movie (2015), G
- 26. My Neighbor Totoro (1990), G
- 27. Shrek (2001), PG
- 28. Batkid Begins (2015), PG
- 29. Kindness Is Contagious (2014), NR
- 30. A Little Princess (1997), NR



Key Strategies to teach **CHILDREN EMPATHY**

Big Life Journal



3-5 YEARS

- **DESCRIBE AND LABEL** - Help children recognize their emotions and body, "You're clenching your fists. You stomped your feet. You seem angry."
- **READ STORIES** and discuss character's feelings.
- Make a **WE CARE CENTER**.
- Coach their **SOCIAL SKILLS**.



5-7 YEARS

- Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** - Help children understand what they have in common with others.
- **OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries.



7-9 YEARS

- Engage in high-level **DISCUSSIONS** about book characters.
- Try loving kindness **MEDITATION**.
- Engage in cooperative **BOARD GAMES**.



9-11 YEARS

- Sign up for **ACTING CLASSES**.
- Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way.



12+ YEARS

- Discuss current **EVENTS**.
- Encourage your child to choose **VOLUNTEER WORK**.
- Try "**WALK THE LINE**" activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens.

5

steps to raising

KIND & CARING CHILDREN

by Big Life Journal

1 START BY PRACTICING EMPATHY

- Model empathy. Say, "You seem disappointed. I know it's hard to leave when you're having so much fun."
- Help your children consider the emotions of others. Ask, "What do you think she's upset about?" "How would you feel if that happened to you?"



2 READ BOOKS THAT TEACH KINDNESS

- Read storybooks which teach empathy, caring, and kindness.
- Talk to your children about the message of each story and how they can apply these concepts to their own lives.
- Ask questions like, "What are some things we can do to be kind to others?" "Do we know anyone that might need a little extra kindness and love?"



3 MAKING A DIFFERENCE AT HOME

- Give your kids small tasks to help around the house.
- Emphasize social skills like saying please and thank you, sharing with siblings, and recognizing when others may be having a tough day.
- Regularly ask family members questions like, "How are you feeling?" or, "Is there anything I can do to help?"



4 MAKING A DIFFERENCE IN THE COMMUNITY

As your child masters making a difference and offering empathy in the home, you may expand your focus outward to the community.

- Visit a "grandfriend" at a local nursing home.
- Make Valentine's for senior citizens.
- Donate clothing, toys, or food.
- Welcome new neighbors with a treat or small gift.
- Practice random acts of kindness around the neighborhood.



5 MAKING A DIFFERENCE GLOBALLY

Facilitate activities that make an impact on a more global scale.

- Raise money or host a fundraiser for a charity they'd like to support.
- Send holiday cards or thank you letters to the military.
- Older children can write letters to elected officials about causes they believe in.
- Donate necessary items to places affected by natural disasters.



Want to **RAISE**

KIND KIDS?

EXPLAIN THE SCIENCE OF KINDNESS

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● CHILDREN OF ALL AGES

- Explain that the benefits of kindness are experienced by the person who receives the kindness, the person who offers the kindness, and anyone who witnesses the kind act.
- Explain that everyone who feels the benefits of the kind act will be inspired to **"pay it forward"** by being kind themselves.



● YOUNGER CHILDREN

- Say that **kindness makes people** healthier, happier, and more relaxed.
- You can explain kindness as a **superpower** that helps others and changes the world for the better.

● OLDER CHILDREN

- Discuss the chemicals released when we see, experience, or witness acts of kindness:
 - **Serotonin** increases happiness and helps with appetite, sleep, and memory.
 - **Endorphins** trigger positive feelings and are natural painkillers.
 - **Oxytocin** reduces blood pressure and protects the heart. It produces a feeling of love and satisfaction.



● NEXT STEPS

- Once you've explained the benefits, be sure to **model kind words and deeds** yourself.
- **Acknowledge and celebrate** when you notice children being kind.
- Encourage children to practice **random acts of kindness**/have a random acts of kindness challenge.