

Track Your Kindness



All About Me

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School Age
4+ years

Noticing kindness is hard for some children. This activity will help identify for those who are struggling, what is like to be kind and how easy it is. This can take as much time as you want and is best done over a week or two - to a month.

Learning Outcomes

Domain: Social	Indicator: Increasing understanding of sources of pride and gratitude; jealousy and anxiety
Skills: Recognizing and Expressing Emotions	



Materials

- Chart paper
- Calendar
- picture of the children's face
- Markers
- Book about kindness

Instructions

Step 1: Print off picture of each child's face.

Step 2: Cut them out and hang a calendar with just the month and days of the week on it. Sit down the children and read a book of your choice about Kindness. (Some recommendations are: Have you filled a bucket today? -Carol McCloud; Those Shoes by Maribeth Boelts; Ordinary Mary's Extraordinary Deed by Emily Pearson and Fumi Kosaka)

Step 3: Explain that when they do something they think it kind, they need to write it on the chart paper, with the date and add their picture to the date.

Step 4: Brainstorm different ideas to be kind and what some "kind" things are. child until the last child who must end the story.

Step 4: You can tack kindness over the course of a whole week or month, there is no set timeline.



Playful Questions

- What pose would you like to try?
- Why did you pick that one?
- Have you ever done Yoga before?
- Do you think this is exercise? Why?
- How does Yoga make you feel?