TK–2 (EARLY ELEMENTARY)

INTENTIONAL KINDNESS DAY ACTIVITY GUIDE

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What This Is About

At this age, children are learning how to recognize feelings and understand how their actions affect others. This guide helps them practice kindness in simple, fun, and hands-on ways.

Kindness at this level is about:

- Using kind words
- Helping others
- Noticing how someone feels
- Sharing and taking turns
- Saying "please," "thank you," and "sorry"
- Including others and making them feel welcome

Activity 1: Draw a Kind Moment

Ask children to draw:
👉 something kind they did
or
👉 something kind someone did for them

How to implement:
Give time to draw and gently walk around to support them. Ask simple questions as they draw.

Talk about it together:

- What is happening in your picture
- How did it make someone feel

Activity 2: Kind Words Practice

Have children practice saying:

- "Thank you"
- "Can I help you?"
- "You can play with me"

How to implement:
Say the phrases together as a group. Model tone and expression so they understand how ds.

Activity 3: Feelings and Faces

Show or draw simple faces:
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How to implement:
Ask:
👉 "How do you think this person feels?"
👉 "What can we do to help them feel better?"

Keep it interactive and allow multiple answers.

Activity 4: Act It Out

Give simple situations:

- someone drops something
- someone is sitting alone

How to implement:
Let children act out what they would do. Guide them gently if needed.

Activity 5: Kindness Helper of the Day

Choose one child as the "Kindness Helper."

How to implement:
Encourage them to look for ways to help others throughout the day.

At the end of the day:
Talk about what they did and how it helped others.





Activity 6: Kindness Circle

Have children sit in a circle.

How to implement:
Ask each child to say something kind about the person next to them or share one kind thing they noticed someone did.

You can guide them with simple prompts if needed.

Examples:

- I like how you helped me
- You are a good friend
- You shared with me

Keep it gentle and supportive so every child feels included.

Activity 7 : Kindness in Action Chart

Create a simple chart to track kind actions throughout the day or week.

How to implement:
Each time a child does something kind, add a sticker, star, or mark next to their name or on a shared class chart.

You can also create a group goal.

At the end of the day or week:

Talk about the kind actions that were noticed and how they helped others.



For Homeschool and Home Use

- Practice kindness during daily routines
- Talk about feelings naturally throughout the day
- Use real-life moments as teaching opportunities
- Model kind behavior consistently

Simple Reflection

- What kind thing did you do today
- How did it make someone feel
- How did it make you feel

Make It Stand Out

- Use stickers or stars to celebrate kind actions
- Create a "Kindness Wall" with drawings
- Celebrate small, everyday moments

Tip for Educators and Parents

Keep this playful, engaging, and flexible. There is no single right or wrong way to teach kindness as long as the focus stays on being thoughtful and intentional in how we treat others.

Young children learn best through repetition, modeling, and simple interactions. Focus on helping them understand feelings and connect their actions to how others feel.

Need more ideas or support?
Mona Liza Santos can help tailor activities for your classroom or home.
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