

32 new designs +
the original set
included for FREE!

KINDNESS

is your

**SUPER
POWER!**



Use it
to make
people
HAPPY!



KINDNESS
is the gift of caring.



Much-Loved Kindness Coloring Pages

Improve Your Classroom Climate
with this Creative SEL Activity

- ✓ Creates **calm & connection** as kids color their way into kindness.
- ✓ Builds **emotional awareness** through quiet reflection and self-expression.
- ✓ Reinforces **positive behavior** with affirmations that grow hearts.
- ✓ Supports your **SEL lessons** with meaningful **conversation starters & writing prompts**.
- ✓ Bright visuals for **Kindness Day, calm-down corners**, or to nurture **empathy**.

↓ **Scroll** to see why students
LOVE these coloring pages!

BEING KIND



makes me feel
good
about myself.

Kindness

is your

SUPER POWER



KINDNESS

begins with ME!



Why Kindness Matters

Kindness isn't just a nice idea, it's backed by science!

- ✓ Boosts self-esteem, empathy, and emotional wellbeing.
- ✓ Encourages peer connection and reduces bullying.
- ✓ Improves concentration, academic results, and classroom behavior.
- ✓ Reduces stress for given, receiver, and even observers.
- ✓ Creates ripple effects that can transform school cultures.



My students loved these Kindness coloring pages. They can be used throughout the year as well as during Kindness week. Highly recommend.

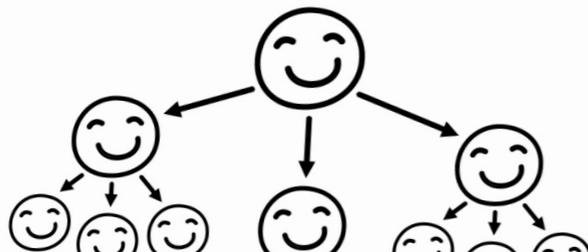
Kimberly N. - 3rd Grade

Meaningful coloring
designed for K-4th

KINDNESS

makes a
difference

Look what happens if everyone does 3 kind deeds!



Scatter
KINDNESS
wherever you go!



KINDNESS

Makes SEL
fun & easy



makes the world
a better place



KINDNESS
is being the
rainbow in



Kindness
unlocks hearts like
a key

Why Coloring is Important

- ✓ Improves hand-eye coordination and dexterity vital for writing and drawing.
- ✓ Boosts focus and concentration while improving spatial awareness.
- ✓ Taps into creativity and emotional expression.
- ✓ Reinforces positive behavior through kindness affirmations.
- ✓ Supports social-emotional growth as kids take a calming brain break.



These pictures went great with my social skills lesson, and it gave me some more books on the same topic to use and reinforce our learning about being kind to one another.

Esther A. - K, 1st, 2nd, 3rd, 4th, 5th Grades



BEING KIND



makes me feel
good
about myself.

KINDNESS

means helping
when you can.



Kindness makes ripples of LOVE!



Scatter KINDNESS wherever you go!



Easy Ways to Use Them

- ✓ Morning work or SEL warm-ups.
- ✓ Bulletin boards or hallway displays.
- ✓ Kindness journals and writing folders.
- ✓ Read-aloud extensions and book pairings.
- ✓ Role-play and storytelling activities.
- ✓ Peer compliment exchanges and community builders.



I used these little posters for Pink Shirt Day. I printed them out on pink paper and gave copies to the school Justice League. They each completed 1 to 2 posters and then I hung them around the school, so that we had a sea of pink for Pink Shirt Day.
Donna A. - 1st, 2nd, 3rd, 4th Grades



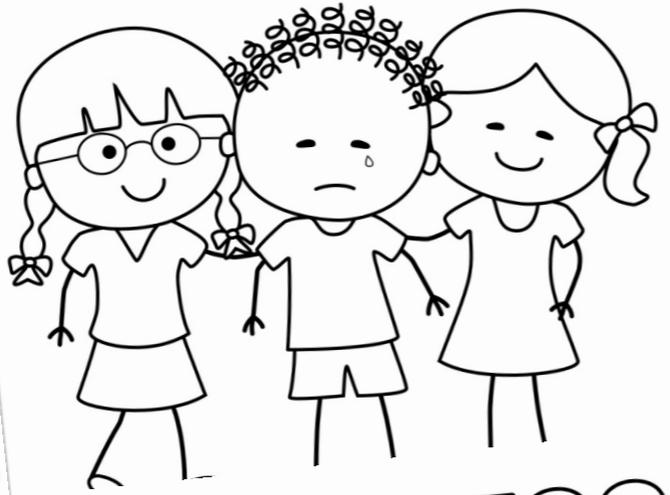
Builds community & emotional awareness

Name: Jackson

How I make kindness grow.



KINDNESS is being there for your friends.



Your kindness a gift.

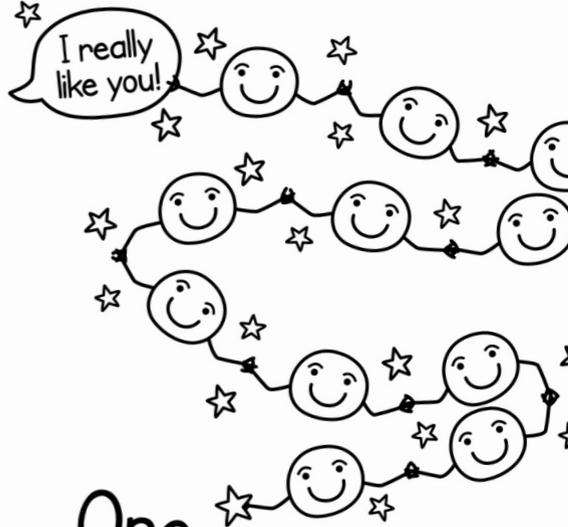


KIND people include everyone!



No prep - just print and give!

KINDNESS begins with ME!

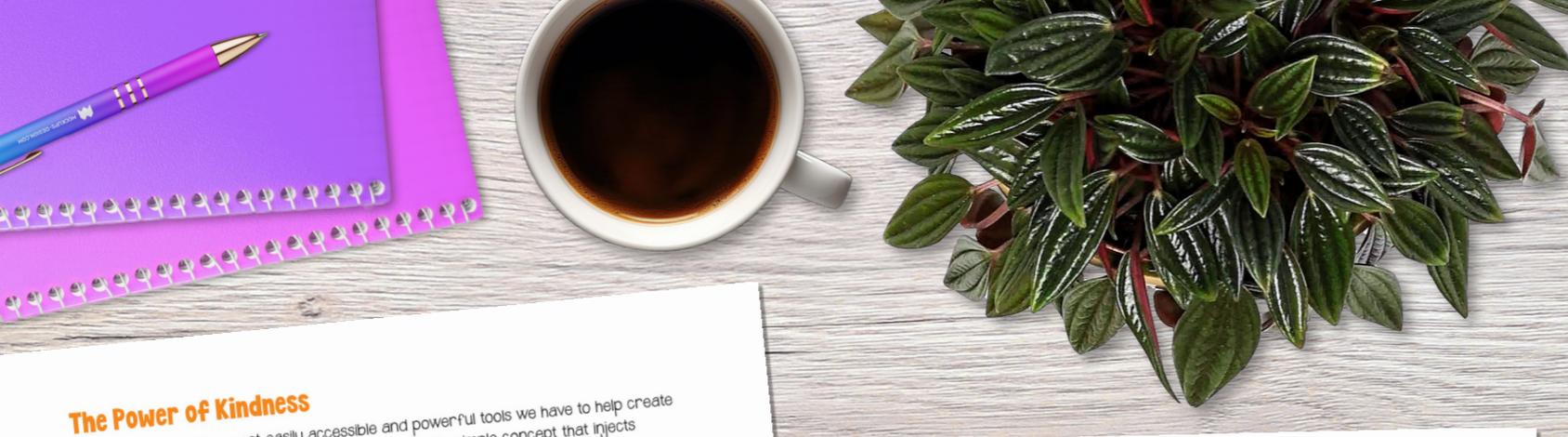


★★★★★ My students loved these. We used them during our character traits unit. Since my school doesn't celebrate Valentines Day, I used these as "kindness coupons in a "treasure chest" hung on their desk -- fun. Elizabeth W. - Kindergarten



Kindness is a treasure everyone can share.

One Kind Word can start a chain of kindness.



What's Included

- ✓ 32 Kindness-Themed Designs
 - Coloring
 - Writing
- ✓ Bold, kid-friendly illustrations with uplifting messages
- ✓ Writing prompts for older students
- ✓ Facts about the importance of kindness
- ✓ The benefits of using coloring activities in the classroom
- ✓ Ideas for extending the activity
- ✓ **BONUS** - original designs included for FREE!

The Power of Kindness

Kindness is one of the most easily accessible and powerful tools we have to help create and maintain healthy and happy lives. It's a remarkably simple concept that injects optimism and empathy into our thoughts, feelings and actions. It helps us form positive connections with people and creates warm, relaxed and supportive environments. It helps boost self-esteem, as well as good physical, social, emotional and mental health, and produces addictive feel-good emotions for the giver, receiver and even onlooker. Please don't underestimate the power kindness has, as one good deed can ripple out to touch the lives of many.

Why Kindness Should be Taught in Schools

3. Greater Self-Esteem

Studies show that people experience a "helper's high" when they do a good deed. This rush of endorphins creates a lasting sense of pride, wellbeing, and sense of belonging. Even small acts of kindness are reported to heighten energy, and give a wonderful feeling of optimism and purpose.

4. Increased Peer Acceptance

Many children experience anxiety for children and that is often caused by negative words and actions. A more proactive approach where teachers and actions to promote emotional intelligence helps change thoughts and actions to that's naturally rewarded with friendship. Promoting its psychological opposite is key in reducing bullying and creating warm, inclusive school environments.

Enhanced Teacher Wellbeing

Benefits of Coloring for Kids

Coloring isn't just a fun activity, it's also an engaging way for kids to grow both physically and mentally. It's a great way to unwind and express themselves, and encourages a whole host of skills that are crucial for wellbeing during their developmental years.

1. Enhances Fine Motor Development

Coloring helps to strengthen the small muscles in a child's fingers, hand and wrist to improve their ability to manipulate small objects.

2. Improves Hand-Eye Coordination

How to Use Your Kindness Coloring Pages

These kindness coloring pages are more than just a quiet-time activity. They're a gentle, engaging way to build emotional intelligence, start meaningful conversations, and foster a culture of compassion, all without students realizing they're practicing SEL. To them, it's just coloring. But beneath the surface, they're absorbing messages about empathy, self-awareness, and kindness in a way that feels safe, creative, and fun.

Before you hand out the pages, take a few minutes to talk about kindness. This helps kids understand the deeper meaning behind the messages they'll be coloring and how a kind act can change their lives and environment.

Kindness Isn't just a nice idea, it's backed by science. Studies show that teaching kindness in schools can lead to:

- Happier, more caring children
- Greater self-esteem and peer acceptance
- Improved concentration and academic results
- Less bullying and better classroom behavior

Read more about the powerful benefits of kindness in schools and why it belongs in every classroom.

2. Extend with Storytelling

After students finish coloring, ask them to write or tell a story about their kindness. It could be about a time they showed kindness, or even what they would do if they were a superhero.

3. Turn Pages into Kindness Posters

Finished coloring pages make great visual reminders of kindness.

- Hang them around the classroom or school to reinforce positive behavior.
- Use them like affirmations. Students soak up the messages just by seeing them daily.
- Let students add their own drawings or kind messages to personalize their posters.

Did you know? 65% of people find visual learning more effective!

4. Kindness Journals & Covers

Turn coloring pages into covers for kindness journals as a creative way to make kindness feel personal and lasting.

What goes inside a kindness journal?

- Acts of Kindness: Big or small, every good deed counts.
- Reflections: How did it feel to be kind? What impact did it have?
- Track Personal Growth: Look back and see how empathy has grown.
- Kindness Goals: Challenge students to complete a set number of kind acts.
- Create a Checklist: Include kindness at home, school, and in the community.

Here's a free ready-made checklist to use.

- Build Empathy: Write from the perspective of both giver and receiver.
- Spread Kindness: Share reflections to inspire others.
- Remember that kindness ripples out to others.



We used this activity to show kindness to another class by coloring them and hanging them on their classroom door.

Amy E. - 1st Grade



