



WE RISE  
BY LIFTING  
OTHERS



TRY TO  
BE A  
RAINBOW  
IN  
SOMEONE  
ELSE'S  
CLOUD.



Leave a  
trail of  
KINDNESS  
behind you  
everywhere

Dear friend,

I hope your day is  
going great. I  
want you to know  
that our school is  
better because  
you're  
here.

Thanks for being  
a kind person.



KINDNESS  
makes you  
the most  
beautiful  
person in  
the world  
because  
it doesn't  
matter  
how you look

**K** eep an eye on  
your friends  
**I** nclude everyone  
when you play  
**N** otice when people  
are sad or lonely  
**D** efend people  
who are bullied  
**N** ever talk unkindly  
about someone  
**E** ncourage and  
support everyone  
**S** hare what you  
have with others  
**S** how that you  
care about people



## Need a Way to Encourage Community & Inclusion?

### Teach Students To Be **BE KIND**

### Transform Behavior With This Much-Loved Kindness Challenge!

- ➔ Exciting collaborative secret mission
  - ➔ Builds deeper connections
  - ➔ Reinforces positive behavior
- ➔ Supports social-emotional growth
- ➔ Touches the wider school community
- ➔ Easy but effective Kindness Day fun



**SCROLL** to see  
why you'll love these  
kindness bookmarks!



# A Relaxing Coloring Activity

- ➔ Improves hand-eye coordination and dexterity vital for writing and drawing.
- ➔ Boosts focus and concentration.
- ➔ Improve spatial awareness.
- ➔ Enables creativity and emotional expression.
- ➔ Reinforces positive behavior through kindness affirmations.
- ➔ Supports social-emotional growth.
- ➔ Provides a calming brain break.



I just love this resource! I have used a couple of times now and not only is it easy and quick for teachers, the engagement that it generates within the classroom for students is exceptional.

Thank you so much for a resource that is high in quality, easy and engaging to use and practical!

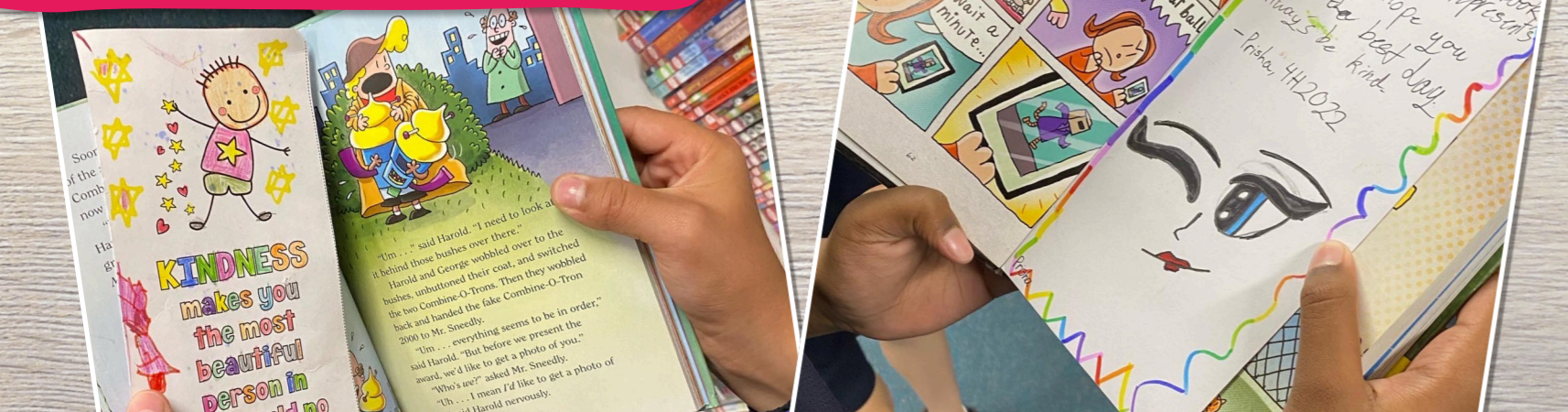
Megan V. - 2nd, 3rd, 4th Grade



- ➔ 24 outlined bookmarks with quotes to color
- ➔ Print outlines on colored card



- ➔ Color a bookmark
- ➔ Write a nice note on the back
- ➔ Join classmates on a secret mission to hide it in the library for others to find



## Much Loved Kindness Challenge

- ➔ Creates excitement and anticipation as kids feel like they're on a secret mission to spread joy at their school.
- ➔ Encouraging kindness makes students feel like they're part of something important.
- ➔ Kids feel connected as they quietly work together to ensure they're not found out.
- ➔ Loved by students around the world who are eager to participate again!



I used this resource with our school's Kindness Club. We colored the bookmarks and hid them in books in our library.

The Kindness Club members LOVED making the bookmarks, and I've received great feedback from our school's media specialist about the reactions from students who are finding the bookmarks.

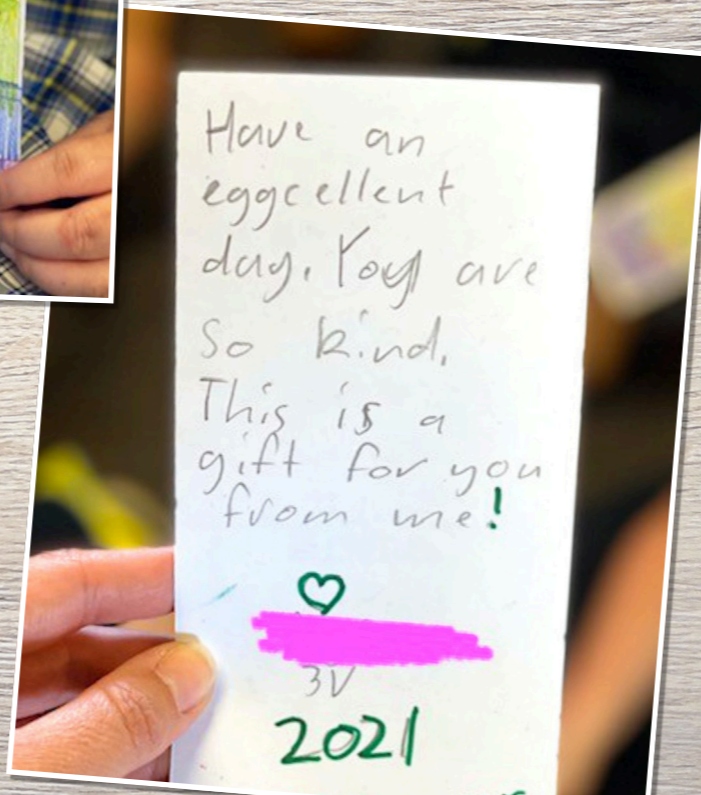
Thank you so much. :-)

Shaina B. - 3rd, 4th, 5th Grades





- ➔ Collaborate with another grade
- ➔ Expand the project by visiting libraries outside of school



## Amazing Learning Experience

- ➔ Boosts confidence and participation.
- ➔ Helps students understand their ability to make a difference.
  - ➔ Encourages discussions around kindness and giving.
- ➔ Helps visual learners absorb positive messages to change negative mindsets.
- ➔ Feel-good emotions encourage kids to continue to show kindness.



My Year 2 class used the Kindness bookmarks twice. They coloured one, wrote a message on the back and I laminated them.

They had fun hiding them in school library books for other students in the school to find and keep. Later I let them make another one for themselves.

Lyn C. - 2nd Grade





You are  
always  
able to give  
something,  
even if  
it's just  
**KINDNESS!**



**THROW  
KINDNESS  
AROUND  
LIKE  
CONFETTI**



To the  
world  
you may  
be one  
person,  
but to one  
person  
you may  
be the



**KINDNESS  
BEGINS  
WITH  
ME**

→ 24 bookmark designs  
with two color options



Leave a  
trail of  
**KINDNESS**  
behind you  
everywhere



We rise by  
**LIFTING**  
others.

**K** eep an eye on  
your friends  
**I** nclude everyone  
when you play  
**N** otice when people  
are sad or lonely  
**D** efend people  
who are bullied  
**N** ever talk unkindly  
about someone  
**E** ncourage and  
support everyone  
**S** hare what you  
have with others  
**S** how that you  
care about people



**KIND  
people  
are the  
BEST  
kind  
of  
people.**

## Pre-Colored Bookmarks

- Wonderful gifts for teachers to give or incentives for students to do their best.
- A lovely inclusion in a welcome letter at the start of the year.
  - Impactful recognition of kind and caring behavior.
- Bookmarks can be given to groups to discuss the quotes or use as a writing prompt.
  - Make a colorful display of kindness quotes to motivate kind actions.



As an End of Year activity, my kids coloured these in left them randomly in books in my class library for the next year's students - it has been so fun to see my new class discovering them!

Mia V. - 2nd grade





## The power of kindness

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

## Kindness should be taught in schools

### 3. Greater self-esteem

Studies show that people experience a "helper's high. This rush of endorphins creates a lasting sense of p sense of belonging. Even small acts of kindness are increase energy, and give a wonderful feeling of of

➔ **Bookmarks can be used in more ways that you think!**

9. **Reduced bullying**  
Many traditional anti-bullying programs focus on the anxiety for children. When asked, students felt they "were bullied negatively worded" and that students would "zone out and not listen". A more proactive approach where teachers integrate pro-social activities that build emotional intelligence helps change thoughts and actions to foster the positive behavior that's naturally rewarded with friendship. Promoting its psychological opposite is key in reducing bullying and creating warm, inclusive school environments.

10. **Teacher wellbeing**  
The benefits of kindness to ensure optimum student wellbeing are contagious so it kindness and good feelings are contagious so it kindness and good feelings are contagious so it

## Benefits of Coloring

Coloring can be a highly effective way of fostering physical and psychological development in children. While it's a relaxing form of self-expression that stimulates creativity it also promotes a range of benefits to nurture wellbeing.

- **Enhances fine motor development**  
Coloring is an activity that helps children build the muscles in their fingers, hand and wrist which aids in manipulating small objects.
- **Improves and-eye co-ordination**  
Coloring requires great attention to detail and precision to keep within the lines which

## Kindness bookmarks

Kindness bookmarks are a fun way to reinforce the importance of kind words and actions. As students color the pages, they read positive messages that build social skills and a growth mindset. It's a wholesome way to help embed values that create good feelings for them and the people around them.

## Kindness challenge

I've been challenging students to participate in a special secret mission for a time. The feedback is that kids LOVE the challenge and act-- spread positive vibes throughout their--

The ch-- sneak c

Photos a

Tips for

As much a photos bel social medi

Please email from (La. Te join in the fur

## Ideas for Extending the Activity

Expanding this activity for older students and including discussions around the values it promotes can deepen their understanding and engagement. Here are some suggestions to make the activity even more impactful:

### 1. Empathy Workshop

**Activity Idea:** After the bookmark activity, hold a workshop where students discuss times they've felt understood or misunderstood. Encourage them to connect these feelings with the importance of the notes they wrote.  
**Discussion Points:** How does understanding someone else's feelings change the way we interact with them? Why is empathy important in our daily lives?  
**Related Resource:** Empathy Unit

### 2. Creativity Showcase

**Activity Idea:** Create a gallery walk of the colored bookmarks before they are placed in books. Allow students to explain their color choices and messages.  
**Discussion Points:** How does creativity allow us to express our feelings? In what ways can we use creativity to support and uplift others?  
**Related Resource:** Compliments Bookmarks

### 6. Generosity Journal

**Activity Idea:** Encourage students to keep a "Generosity Journal" for a week, noting any acts of kindness or generosity they give or receive.  
**Discussion Points:** How does it feel to give without expecting anything in return? How can generosity change a community?

### 7. Confidence Circle

**Activity Idea:** Create a safe space where students can discuss their fears related to expressing themselves and performing acts of kindness.  
**Discussion Points:** How does doing something for others help us overcome our fears? What fears do we have about showing kindness?  
**Related Post:** Using Morning Meetings

### 8. Gratitude Gathering

Acti--

### 12. Curiosity Quest

**Activity Idea:** Have students research and present on various cultures' practices of kindness and generosity.  
**Discussion Points:** How do different cultures express kindness? What can we learn from other cultures about being kind?

### 13. Stealthy Kindness Challenge

**Activity Idea:** Encourage a month-long challenge where students perform anonymous acts of kindness and reflect on the experience.  
**Discussion Points:** How does anonymity change the way we approach acts of kindness? What have we learned about ourselves and others through this challenge?  
**Related Resource:** Big Value Kindness Bundle

# What's Included

- ➔ 48 affirmations bookmarks (3 per page)
  - 24 designs for girls
  - 24 designs for boys
- ➔ Each design comes in full color, printer-friendly, and black outlines for coloring or to print on colored card to save ink
- ➔ Instructions for use
- ➔ Facts about the importance of kindness
- ➔ The benefits of using coloring activities in the classroom
- ➔ Ideas for extending the activity
- ➔ Kindness book suggestions



Loved the variety of images and phrases, kids loved being able to cut out and share their bookmarks.

Cassandra S. - 1st, 2nd, 4th, 5th, 7th, 8th Grades





## Social-Emotional Benefits

### → Supports Social Connections:

Collaborative kindness projects foster friendship and feelings of belonging in a caring class community.

### → Creates Positive Emotions:

Empowers students to contribute meaningfully to their community as they enjoy the feel-good emotions they experience.

### → Builds Self-Esteem:

Displaying their work boosts self-esteem and motivation by acknowledging achievements and contributions.

### → Boosts Confidence:

Good feelings improve student participation, collaboration, and positive behavior to enhance their school experience.

### → Enhances Wellbeing:

Coloring and the feel-good emotions experienced through kindness helps reduce stress, anger, and anxiety for emotional regulation.





We used this activity in my 2nd grade classroom with our 5th grade "buddies". They all loved choosing their own quilt square and decorating them!

Susan B. - 2nd Grade



We used this to create a Kindness quilt in our hallway and it was a big hit!

The kindness quotes were great discussion points. Thank you!

Laura D. - 6th grade

## Developmental Benefits

### → Writing and Reading Practice:

Gives students a chance to practice writing and reading in a meaningful, real-world context.

### → Fine Motor Skill Development:

Coloring enhances fine motor skills, including gripping and manipulating a pencil.

### → Improves Focus and Spatial Awareness:

Coloring improves spatial awareness, focus, and concentration, helping students develop patience and perseverance.

### → Improve Digital Skills:

The digital component allows students practice essential typing and digital literacy skills.

### → Encourages Growth Mindset:

Positive affirmations help reduce negative thinking and promote resilience.

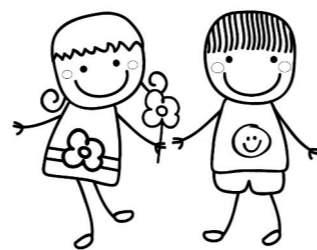




My students loved using this resource and were very engaged. They enjoyed this resource because they were able to stay focused on it and were very interested in learning more about it and asking many questions.

We had a wonderful discussion afterwards as well.

Francine T. - 3rd Grade



You are  
always  
able to give  
something,  
even if  
it's just  
KINDNESS!



KINDNESS  
BEGINS  
WITH  
ME



They are so cute and such a wonderful variety of bookmarks. The students loved searching through to see all of the different ones.

Kristie K.

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To the  
world  
you may  
be one  
person,  
but to one  
person  
you may  
be the  
world.



You are  
always  
able to give  
something,  
even if  
it's just  
KINDNESS!

# These Kindness Bookmarks are Part of THIS Big \$\$ Saving Bundle!

This kindness bundle has enough activities and lessons to last more than a year.

Each is timeless so you'll be able to use them again and again. From simple coloring pages to an exciting bingo activity, collaborative bulletin boards and fun challenges, this is a classroom management must have!

PREVIEW HERE!

With 26 Resources Included You **SAVE OVER \$40!**

