

Kindness Checklist



Your name → Jessica is a Bucket Filler!

When you show kindness you fill buckets. Your challenge is to complete 3 or more acts of kindness from each list below. Color a heart each time you fill a bucket so you can keep track of what you've done.



- ### Kindness at School
- ♥ Give someone a compliment
 - ♥ Give a friend a hug
 - ♥ Include people when you play
 - ♥ Pick up someone's desk
 - ♥ Help someone with something
 - ♥ Give someone a turn
 - ♥ Use your manners
 - ♥ Help tidy your classroom
 - ♥ Make someone a thank you card
 - ♥ Talk to someone who is lonely
 - ♥ Listen to someone who really pays attention
 - ♥ Tell someone about another person's kindness
 - ♥ Put kind notes on someone's car in the carpark

- ### Kindness at Home
- ♥ Do a job without being asked
 - ♥ Put your stuff away
 - ♥ Help a neighbour or friend with something
 - ♥ Clean your parent's car
 - ♥ Share your stuff or a treat with someone
 - ♥ Make your parents breakfast or lunch
 - ♥ Take out the rubbish/trash
 - ♥ Make your bed and tidy your room
 - ♥ Help your parents cook dinner
 - ♥ Hang the laundry or take it in and fold it
 - ♥ Ask before you use someone's stuff
 - ♥ Run a bath for your mum/mom or dad
 - ♥ Play with your brother, sister or pet

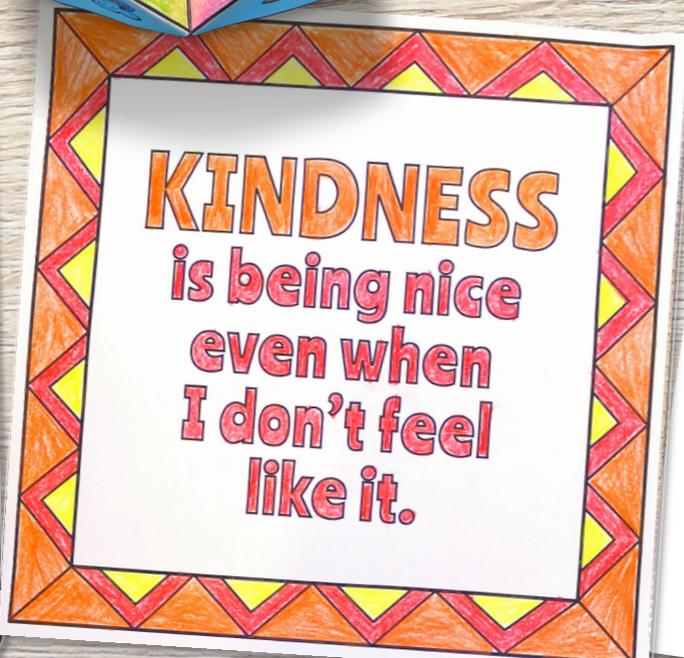
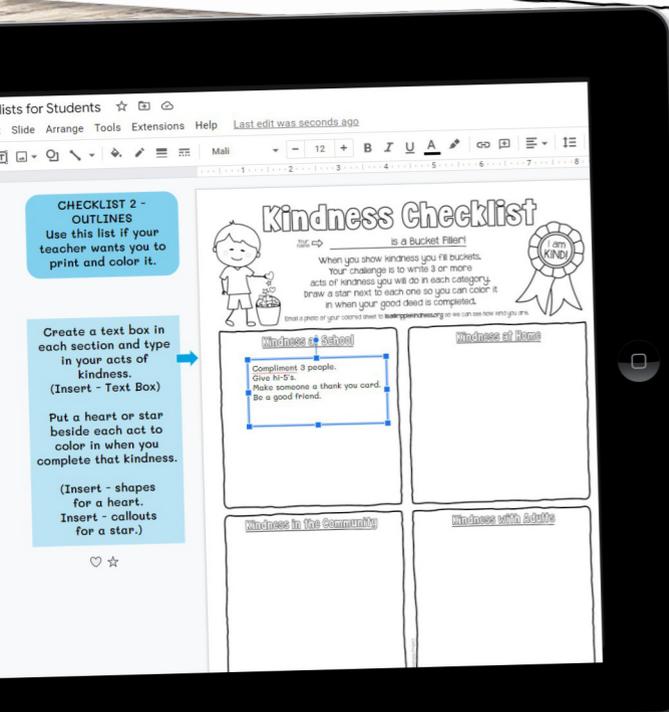
- ### Kindness in the Community
- ♥ Pick up rubbish/litter when you see it
 - ♥ Compliment three people
 - ♥ Smile at three people
 - ♥ Hold a door open for someone
 - ♥ Say hello to your neighbours
 - ♥ Leave positive messages in public places
 - ♥ Write letters to someone

- ### Kindness with Adults
- ♥ Donate stuff you no longer want or need
 - ♥ Bake a cake for someone and take it over
 - ♥ Hand out flowers or leave on windcreens
 - ♥ Walk the dog with or for your parents
 - ♥ Pick up rubbish/litter in a park
 - ♥ Help someone who is struggling

EVERYBODY CAN SHOW KINDNESS



→ 6 popular & effective kindness activities



Need Ways to Encourage Community & Inclusion?

Teach Students To Be BE KIND

Transform Behavior With This Essential Kindness Bundle!

- Meaningful lessons on kindness
- Build deeper connections
- Reinforces positive behavior
- Support social-emotional growth
- Easy but effective Kindness Day fun
- A must have for classroom management

↓ **SCROLL** to see the kindness activities that are included!



Resource 1

Kindness Bookmarks Challenge

- ➔ Students embark on a secret mission to spread joy at school.
- ➔ Exceptional engagement & excitement.
 - ➔ Effective collaborative activity for any time of the year.
 - ➔ Helps build deeper connections.
 - ➔ Reinforces positive behavior.
 - ➔ Supports social-emotional growth.
 - ➔ Touches the wider school community.
 - ➔ Easy but effective Kindness Day fun.
- ➔ Loved by students around the world who are eager to participate again!



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.




★★★★★

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

Resource 1

Kindness Bookmarks Challenge

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

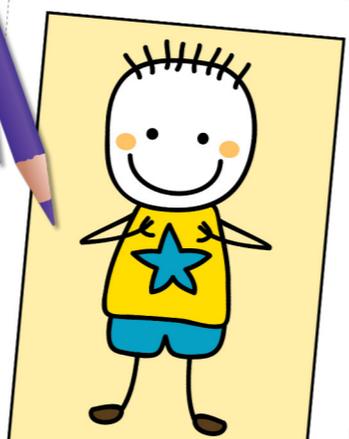
★★★★★
I just love this resource! I have used a couple of times now and not only is it easy and quick for teachers, the engagement that it generates within the classroom for students is exceptional.
Thank you so much for a resource that is high in quality, easy and engaging to use and practical!
Megan V. - 2nd, 3rd, 4th Grade



KINDNESS
makes you
the most
beautiful
person in
the world no
matter...



The more
KINDNESS
I give,
the more
KINDNESS
I receive.



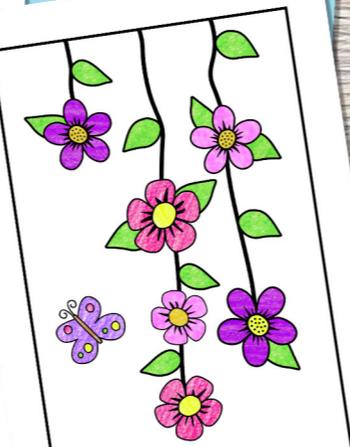
KINDNESS
BEGINS
WITH



Leave a
trail of
KINDNESS
behind you
everywhere



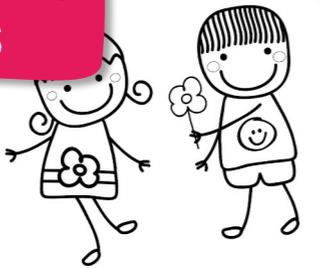
KIND
people
are the
BEST
kind
of
people.



The more
KINDNESS
I give,
the more
KINDNESS
I receive



WE RISE
BY LIFTING
OTHERS



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

→ 24 outlined bookmarks with quotes to color
→ Pre-colored bookmarks with 2 color options





Resource 2

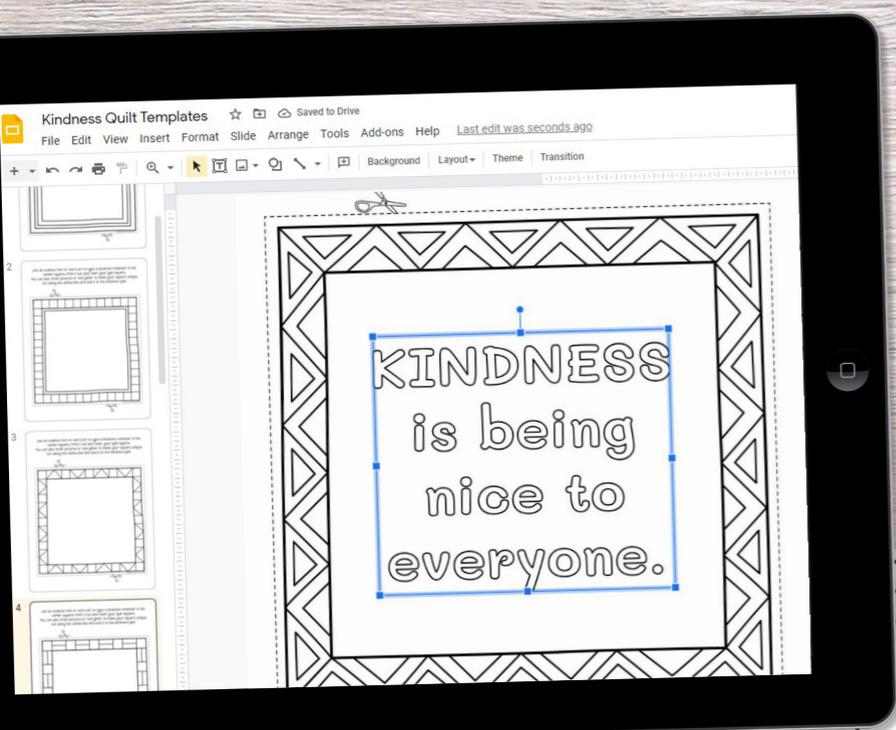
Kindness Quilt Bulletin Board

- ➔ Most popular collaborative activity.
- ➔ Students learn ways to connect with others through their group display.
- ➔ Affirmations reinforce positive behavior & growth mindset.
- ➔ Effective social-emotional learning lesson.
 - ➔ Can be extended to the wider school community.
- ➔ Kindness Days & Anti-Bullying Month favorite.
- ➔ Differentiated for a variety of learners.

★★★★

I was looking for something unique to add to my classroom to help build classroom community and a safe learning environment. This was perfect! I haven't seen many things like this, and my students enjoyed creating it and seeing their work and their classmates' work displayed all together.

Sarah P. - 4th grade



- 30 outlined & color squares
- 12 images with kind actions



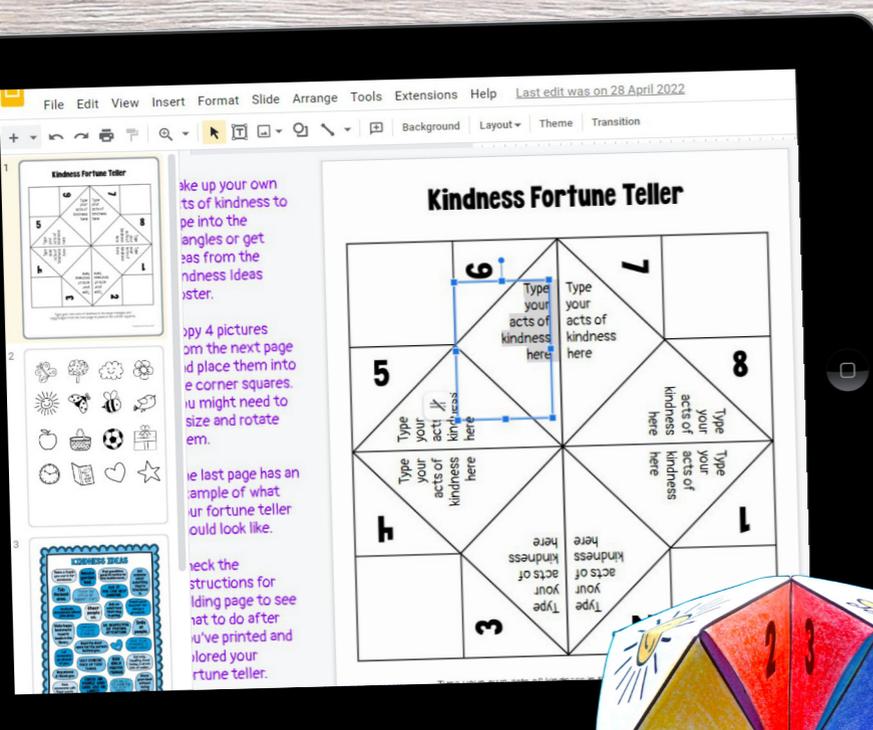
Kindness Quilt Bulletin Board

- Improves motor skills, focus & concentration.
 - Helps visual learners absorb positive messages to change negative mindsets.
- Enables emotional & creative expression.
 - Provides a calming brain break.
- Fosters a positive classroom community.
- Easy activity with high impact learning.
 - Paper & digital options.



My class have created this beautiful kindness quilt as part of our school's beginning of the year wellbeing focus on relationships and kindness. Every piece of the quilt is different and the words are so meaningful. We still look at it on the classroom wall from time to time, reflect and remind ourselves of the words.

Lyn C. - 2nd Grade

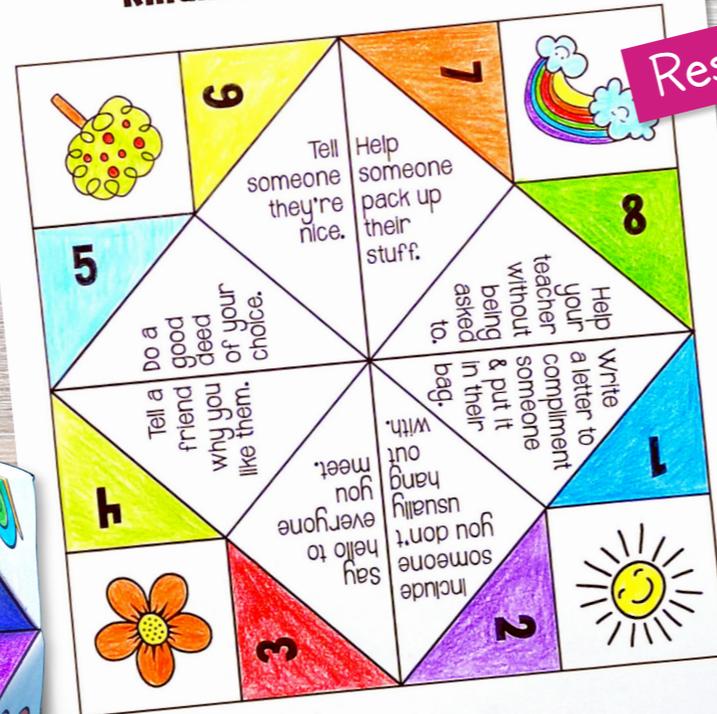


Kindness Fortune Teller 2

Resource 3

Kindness Fortune Tellers

- Helps students connect as they play to foster a warm & supportive environment.
- Inspires class or group discussions around kindness & giving.
- Positive messages reduce negative mindsets.
- Teaches kids about kindness, empathy, & respect through an engaging game.
- Improves motor skills & ability to follow directions.



Love that this activity gives you the option to put in your own kind act or use the acts that are given.

There is just something about these fortune tellers that all students love to create.

Thank you!

Samantha R. - 3rd, 4th, 5th, 6th Grades



Kindness is



being there for your friends

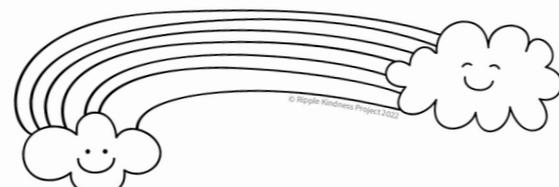
KINDNESS
always matters

Resource 4



KINDNESS
is your
SUPER
POWER!

Use it to make
someone happy!



KINDNESS
begins
with
me!



Kindness Coloring Pages

- Kindness quotes promote positive character traits.
- Engaging addition to any lesson on kindness.
- Easy SEL activity to foster self-awareness & empathy.
- Kindness messages are fun discussion starters or writing prompts.
- Makes a lovely kindness display with quotes that motivate good behavior.
- Easy no-prep activity to leave for sub teachers.



I used this as a way for my students to bond with their buddy students in a younger grade. It allowed the students to interact with one another while helping to make something to display in the school.

Allyson J. - 2nd Grade



I feel like a
SUPER HERO
when I am
KIND!

Resource 4

Kindness Coloring Pages

- Essential resource for developing motor skills and spatial awareness.
- Creative activity for Kindness Days or Anti-Bullying Month.
- A meaningful mindfulness activity for students who need a brain break.
- This simple activity can change the class dynamic, encouraging more thoughtful behavior & deeper connections between students.
- A great addition to a calm down corner or early finishers packet.

- 33 coloring pages & bordered notepaper
- Poster with kindness ideas

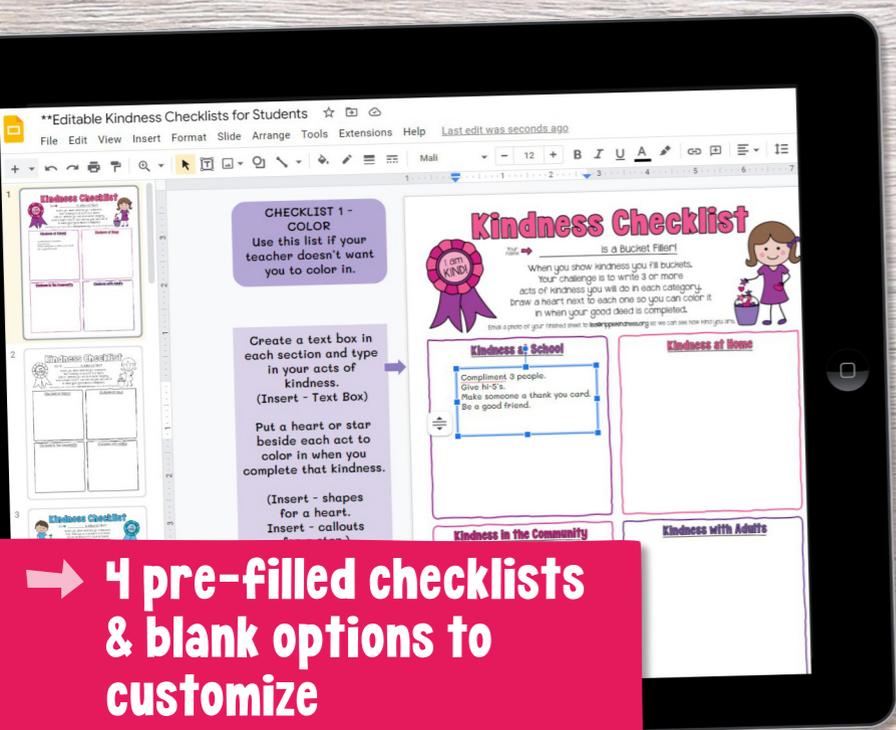
BUCKET FILLERS
do their
BEST
to make other
people happy.



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





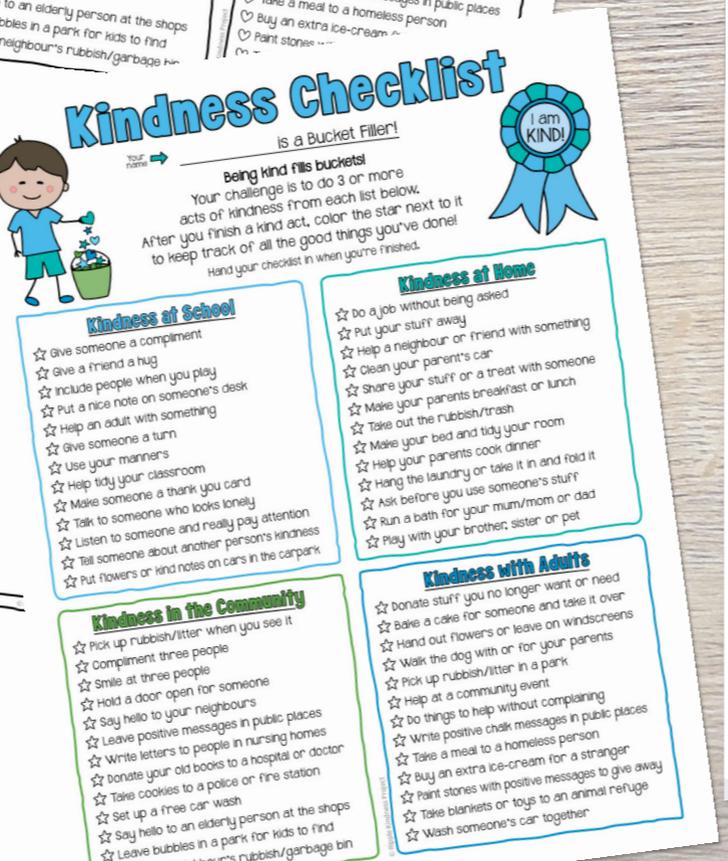
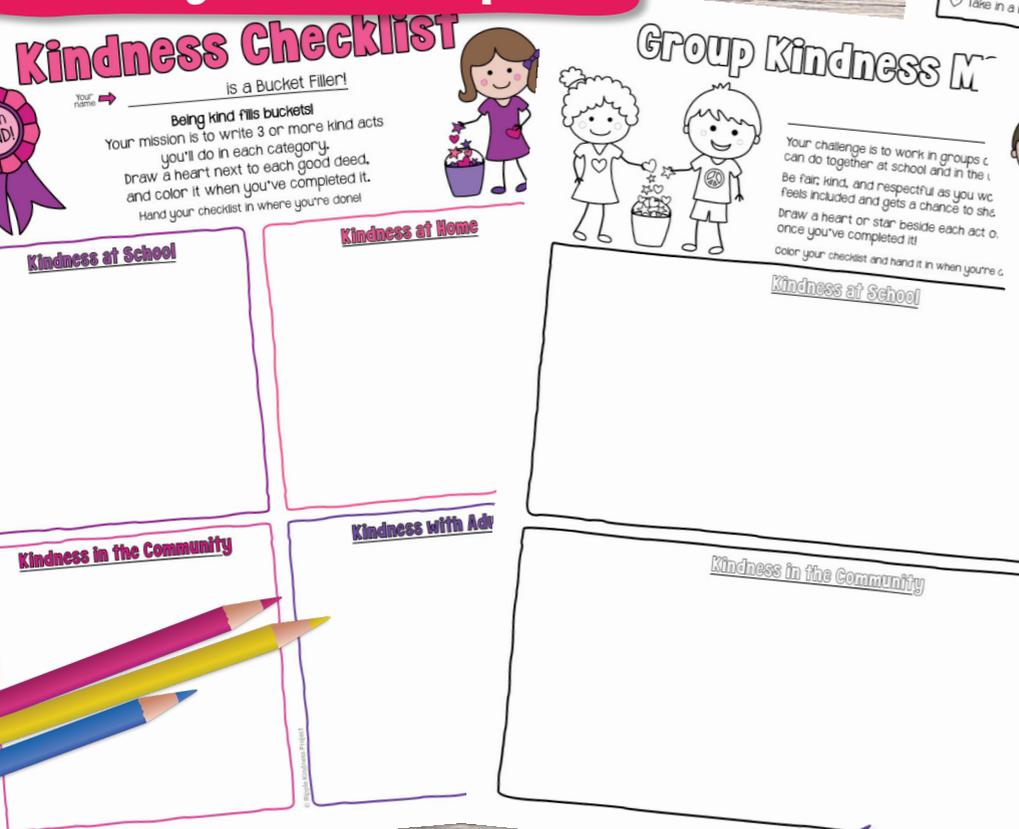
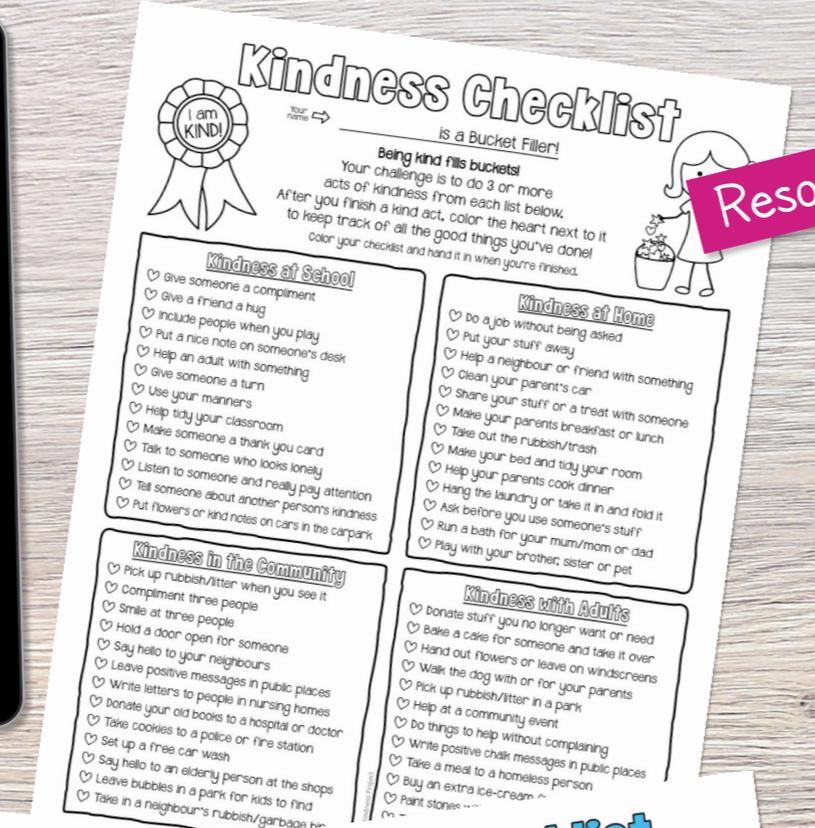
→ 4 pre-filled checklists & blank options to customize
 → Google Slides templates

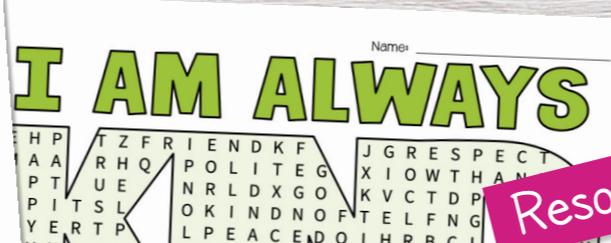
Resource 5

Kindness Checklist

- Ready-to-use checklists & blank options for students to write their own acts of kindness.
- Empower students to monitor their actions to develop independence and accountability.
- Tailor checklists to fit the unique needs and goals of the classroom in Google Slides™.
 - Perfect for World Kindness Day, Anti-Bullying Week, or daily use to promote a culture of kindness and inclusivity.
- Kids can work independently or together on the group challenge where they'll need skills like consideration & cooperation.

★★★★★
 Super helpful resource to use when encouraging acts of kindness! Well worded and easy for students to understand.
 Kristen K, 4th grade





Resource 6

Kindness Word Search

- Quick and easy with no prep needed
- Kindness theme to nurture connections and positive behavior
 - Coloring to improve motor skills
 - Reading and writing to enhance spelling and vocabulary
- Pattern recognition and attention to detail to strengthen cognitive skills
- Promotes relaxation and mindfulness for a calming effect
- Includes 3 levels of difficulty with 12, 16 or 20 words to find
- Bonus sentence completion worksheet to challenge fast finishers
- Includes answer keys for easy checking

Kindness Word Search
Find and circle each of these words in the word search above and color the picture.

<input type="checkbox"/> Kind	<input type="checkbox"/> Share	<input type="checkbox"/> Thank	<input type="checkbox"/> Love
<input type="checkbox"/> Care	<input type="checkbox"/> Nice	<input type="checkbox"/> Polite	<input type="checkbox"/> Happy
<input type="checkbox"/> Help	<input type="checkbox"/> Smile	<input type="checkbox"/> Give	

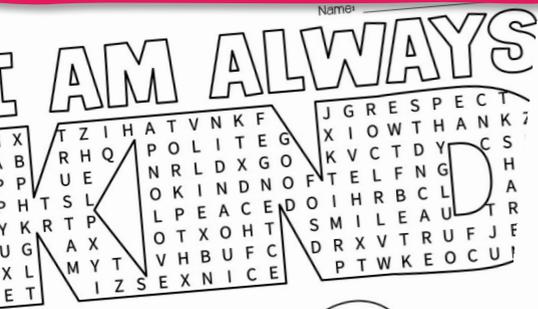
→ Differentiated for a range of learners

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<input type="checkbox"/> Help	<input type="checkbox"/> Smile	<input type="checkbox"/> Give	<input type="checkbox"/> Hug
<input type="checkbox"/> Good	<input type="checkbox"/> Peace	<input type="checkbox"/> Respect	<input type="checkbox"/> Trust

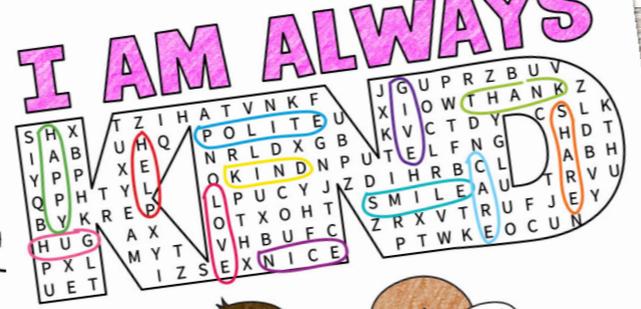
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<input type="checkbox"/> Help	<input type="checkbox"/> Smile	<input type="checkbox"/> Empathy	<input type="checkbox"/> Hug
<input type="checkbox"/> Good	<input type="checkbox"/> Peace	<input type="checkbox"/> Respect	<input type="checkbox"/> Trust
<input type="checkbox"/> Friend	<input type="checkbox"/> Fair		



Complete the Sentence
Find words from your word search that complete each sentence.

Kind	Share	Thank
Care	Nice	Polite
Help	Smile	Give



Kindness Word Search
Find and circle each of these words in the word search above and color the picture.

<input type="checkbox"/> Kind	<input type="checkbox"/> Share	<input type="checkbox"/> Thank	<input type="checkbox"/>
<input type="checkbox"/> Care	<input type="checkbox"/> Nice	<input type="checkbox"/> Polite	<input type="checkbox"/>
<input type="checkbox"/> Help	<input type="checkbox"/> Smile	<input type="checkbox"/> Give	<input type="checkbox"/>
	<input type="checkbox"/> Peace	<input type="checkbox"/> Respect	<input type="checkbox"/>

I am always _____ to everyone.
My friends are _____ to me.
I _____ my family.
I _____ about other people.
I _____ when I am _____.
I _____ my stuff with my classmates.
I like to _____ people compliments.
I _____ people for helping.
People in my grade are _____ in class.
When I _____ someone I give them a _____.

Kindness Word Search
Find and circle each of these words in the word search above and color the picture.

<input checked="" type="checkbox"/> Kind	<input checked="" type="checkbox"/> Share	<input checked="" type="checkbox"/> Thank	<input checked="" type="checkbox"/> Love
<input checked="" type="checkbox"/> Care	<input checked="" type="checkbox"/> Nice	<input checked="" type="checkbox"/> Polite	<input checked="" type="checkbox"/> Happy
<input checked="" type="checkbox"/> Help	<input checked="" type="checkbox"/> Smile	<input checked="" type="checkbox"/> Give	<input checked="" type="checkbox"/> Hug

What's Included

For specifics about what's included in this bundle, please click the links to the previews of each individual resource in the listing.

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After using go to "My Purchases" to leave a review to **earn points** to spend on other resources.

Leave a Review

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!

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

PREVIEW HERE!

