



Want to Create a Warm & Inclusive Class Community?

Teach Students To Be **BE KIND**

Transform Behavior With This **Kindness Quilt!**

- ➔ Beautiful collaborative activity
- ➔ Reinforces positive behavior
- ➔ Builds deeper connections
- ➔ Supports social-emotional growth
- ➔ Fosters a positive classroom community
- ➔ Easy but effective Kindness Day fun



SCROLL
to see why you'll
love this resource!



Color in and decorate your quilt piece.
You can add drawings, glitter or stickers to make your piece unique.
Cut along the dotted line and add it to the kindness quilt.

- 30 outlined squares with quotes to color
- 12 images to reinforce kind actions

KINDNESS
is standing
by my friends
in good times
and bad.

KINDNESS
is treating
people the way
I like to
be treated.



KINDNESS
is letting
someone
go ahead
of me.

KINDNESS
is being nice
even when
I don't feel
like it.

A Relaxing Coloring Activity

- Improves hand-eye coordination and dexterity vital for writing and drawing
 - Boosts focus and concentration
 - Staying inside the lines improves spatial awareness
 - Enables emotional expression
- Affirmations reinforce positive behavior
 - Supports social-emotional growth
 - Provides a calming brain break



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 pre-colored quilt squares
- 12 colored images of kind actions

Quick Print & Assemble Bulletin Board

- Done for you pieces to quickly assemble a meaningful display when short on time
 - Bright and attractive elements
 - Separate pieces for easy assembly to fit any size space
- Helps visual learners absorb positive messages and change negative mindsets



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





→ 10 bordered templates with blank space for writing or drawing

Create a Unique Kindness Quilt

- Templates allow students to use their imagination and creativity
- The freedom to write their own quote or draw a picture showing kind actions
 - Encourages students to reflect on kindness and empathy
- Students feel a sense of confidence and pride having their work displayed
 - Blank templates can be used for other lessons



My students AND staff loved this!

Teachers colored in squares as well and it was neat to see the bulletin board come together!

Alix D. - K, 1st, 2nd, 3rd, 4th, 5th grades



Customize Quilt Piece in Google Slides™

- ➔ Digital templates allow students to use their imagination and creativity
- ➔ Students can find quotes online or make up their own
- ➔ Choosing their own wording improves critical thinking
- ➔ Enhances reading, spelling, and technology skills
- ➔ Students connect better to the content

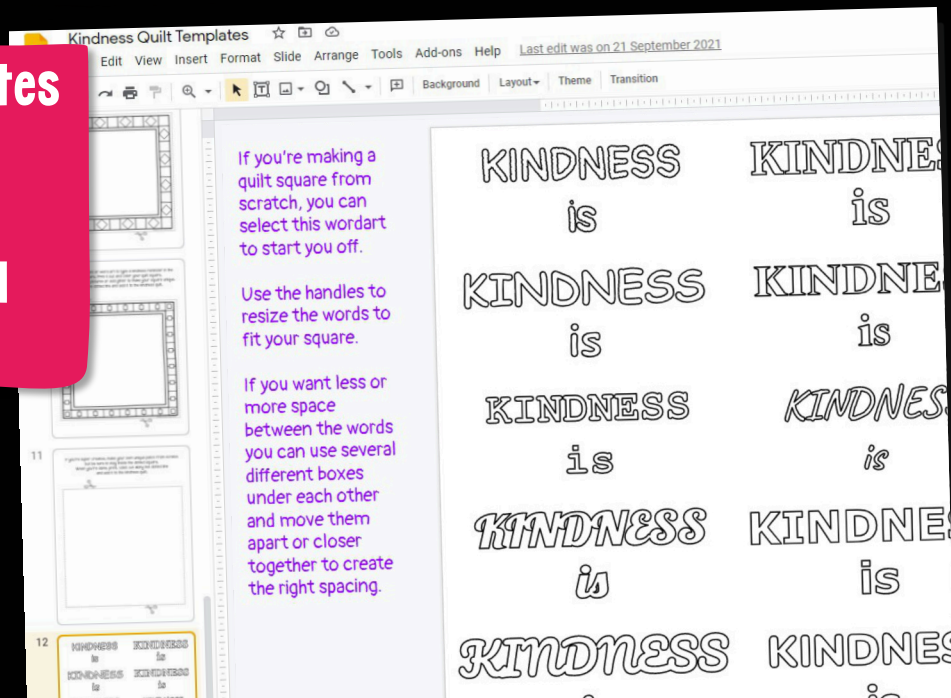


I teach in a self contained classroom and work with students that have moderate to severe needs 2nd-5th grade. This product matches up really well with the essential element DLM standards and is a great resource for my setting.

Alexie M. - 3rd, 4th, 5th Grade



- ➔ 10 bordered templates
- ➔ Copy, paste, & type over outlined text
- ➔ Select a border, add text, print, & color



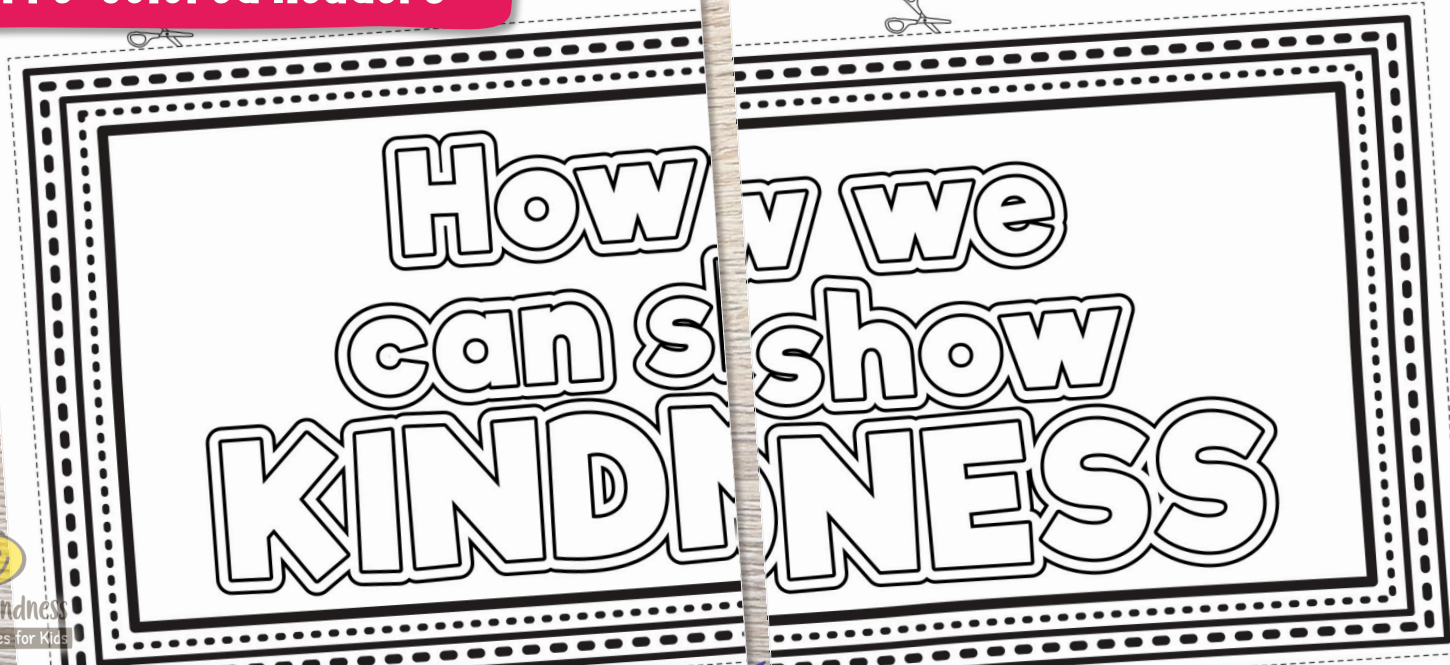
Header Choices

- Students can color a header for a sense of pride and ownership
- Set an intention for a custom-made bulletin board
- Save time setting up with a pre-colored option
- Place at the top or middle of your display
- Enlarge or reduce for more or less emphasis

- 3 header options with different wording
- Outlines to color
- Pre-colored headers



Print out the two pieces in the middle or at the top. Match up the pieces and tape together. color, cut and adhere.



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.

Families, friends, and acquaintances form the fabric of life, our reason for living. But in order to create positive connections, we must have something meaningful to offer.

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 an enriched sense of belonging. Even small acts of kindness are reported to heighten happiness, increase energy, and give a wonderful feeling of optimism and self-worth.

Research on pro-social behavior among adolescents determined that being kind increases popularity and fostered meaningful connections with other people. Being well liked is an important factor in the happiness of children and it was demonstrated that greater peer acceptance was achieved through good deeds.

Everybody has a fundamental need to be around them. Being kind to the people children to...

9. Less bullying

Many traditional anti-bullying programs focus on the negative actions that cause anxiety for children. When asked, students felt they “were boring, repetitive, 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. Enhanced teacher wellbeing
As highlighted above, the benefits of kindness to ensure optimum student wellbeing are extensive. It's also proven that kindness and good feelings are contagious so it stands to reason that teachers with happy, helpful, kind and considerate students are going to experience less stress and greater wellbeing.

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 encourage a whole host of skills that are crucial for wellbeing during their developmental years.

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

Coloring requires close attention to detail and precision to keep within the lines develops co-ordination.

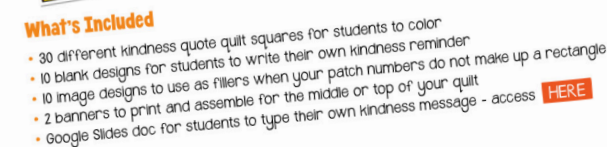
Coloring can enhance a child's visual perception by helping them understand the spatial relationships on the page to keep their pencil strokes within specific areas.

Kids need to sit still and focus to complete a page of coloring. Paying attention for extended periods helps them develop concentration and perseverance.

Kids feel excited and happy to finish coloring a page and proud of what they've created. Feeling satisfied and self-assured gives them the confidence to try new things.

Coloring allows children to show their unique style and individuality through the colors they choose and how they apply them. Whether they press hard with a crayon or

What I love about this activity is that each of your students is benefiting from a mindfulness activity while being reminded of the qualities that make them a kind and caring person.



Decide ()
include ()

Colored squares you simply print, cut, and assemble for a quick kindness display.



outlined squares can be colored by students or printed on colored paper.



- ➡ What's included and instructions for use
- ➡ Facts about the importance of kindness
- ➡ The benefits of using coloring activities in the classroom
 - ➡ Examples of pre-colored and students colored quilts
 - ➡ Link to editable quilt squares



We used this project with our schools first and fifth grade buddy classrooms. Students worked together to discuss what kindness was to them and then created their own individual kindness quilt squares.

We displayed the finished product for all to see during our school's kindness month.

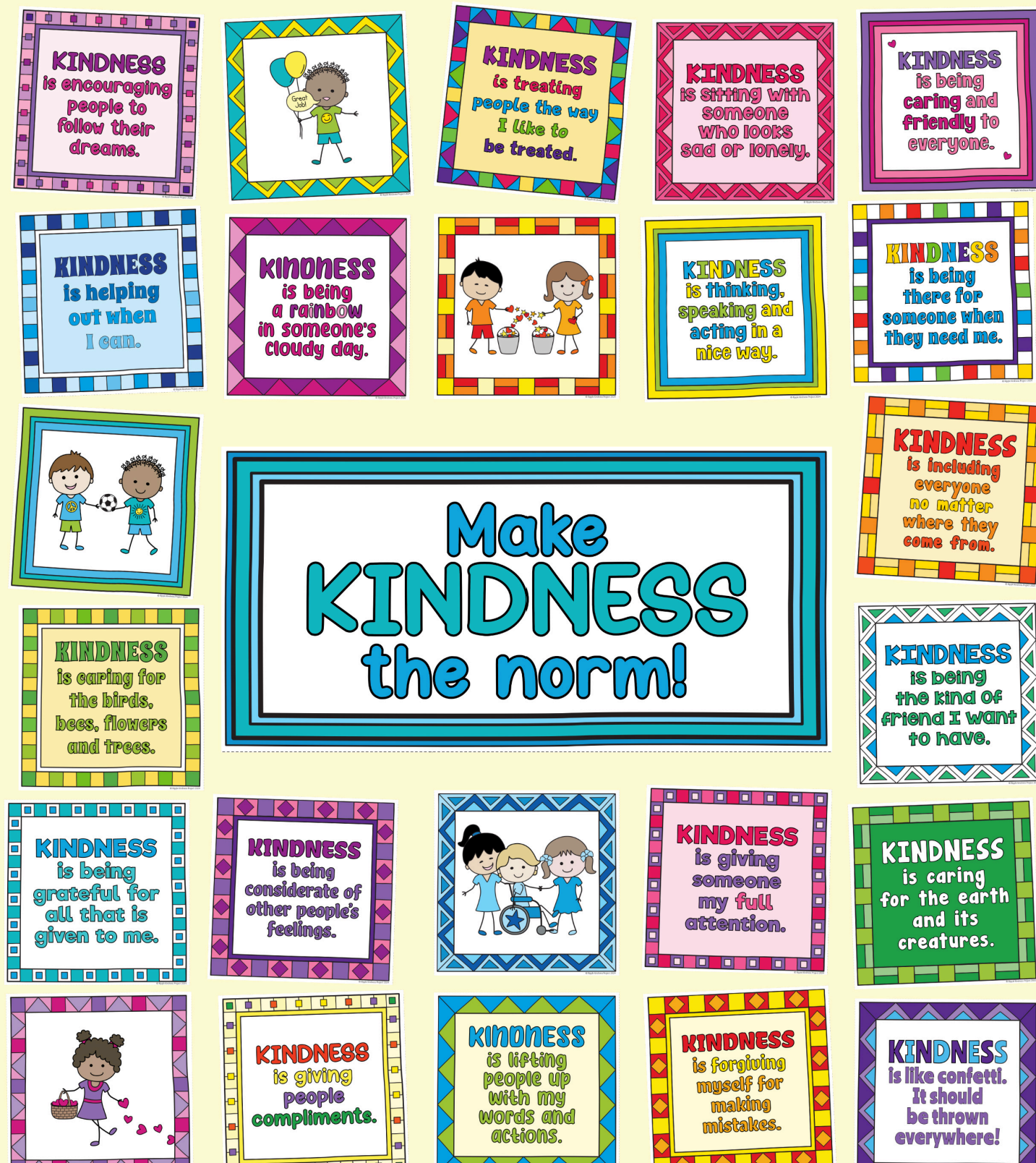
Jennifer S. - 1st, 5th Grades



What's In the Kit

- ➔ 30 different quilt squares with kindness quotes in black outlines to color
- ➔ 30 pre-colored quilt squares to print for quick assembly
- ➔ 10 blank templates for students to write their own kindness message
- ➔ 12 kindness images in color and outlines
- ➔ 3 headers to print and assemble for the top or middle of your display
- ➔ Google Slides™ templates for teachers or students to type their own kindness message or make a quilt square from scratch
- ➔ Kindness information and facts about the benefits of coloring activities
- ➔ Kindness book recommendations





How to Use

- ➔ **Friendship Lesson:** Build an inclusive classroom by reinforcing positive behavior
- ➔ **Affirmation Wall:** Surround students with positive affirmations to encourage kindness and a growth mindset.
- ➔ **Writing Activity:** Create personal kindness messages to practice writing and spelling.
- ➔ **Conversation Starters:** Encourage creative thinking, listening, and turn-taking through meaningful discussions.
- ➔ **Brain Break:** Use as a mindful SEL activity for a meaningful brain break.
- ➔ **Kindness Events:** Perfect for Kindness Days, International Friendship Day, or Bullying Prevention Month.
- ➔ **Digital Activity:** The digital format gives students typing practice and engages them in online learning.





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

How Students Benefit

- ➔ **Builds Confidence:** Displaying their work boosts their confidence and motivation by acknowledging their achievements and contributions.
- ➔ **Fosters Belonging:** Improves student participation, collaboration, and positive behavior to enhance their school experience.
- ➔ **Encourages Growth Mindset:** Positive affirmations help reduce negative thinking and promote resilience.
- ➔ **Strengthens Skills:** Coloring quilt squares helps develop motor skills, hand-eye coordination, and spatial awareness.
- ➔ **Builds Social Connections:** Collaborative kindness projects foster friendship and a caring class community.
- ➔ **Improve Digital Skills:** The digital component allows students practice essential typing and digital literacy skills.





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



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

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