



WORLD KINDNESS DAY



November 13, 2020

World Kindness Day provides us with an opportunity to take a moment to spread kindness and to teach our children important lessons of compassion. Here are a couple of fun and easy ways to spread kindness.



Kindness Dice Game

Materials Needed:

- Dice
- Kindness list (see below)

Instructions:

- 1) Start with the youngest player.
- 2) Roll the die.
- 3) Try to complete the item on kindness list that matches the number of the die by the end of the day.

Kindness List

- 1 – Give a hug to someone you love
- 2 – Say something nice to another person
- 3 – Draw a picture for a loved one
- 4 – Write a thank you note for someone who deserves a thank you
- 5 – Call a senior friend to say hello
- 6 – Say hello to a neighbor

Kindness BINGO

Materials Needed:

- Kindness BINGO Board
- Markers or crayons

Instructions:

- 1) Print the Kindness BINGO Board page.
- 2) Read the kindness activity.
- 3) Complete the kindness activity.
- 4) Use markers or crayons to cross off acts of kindness you implemented.
- 5) Complete a line vertically, horizontally, or diagonally—you choose.
- 6) Have fun spreading kindness.



World Kindness Day BINGO Board



Say "Hello" to a neighbor	Help make dinner	Clean up after a meal	Play a game with a family member	Make your bed
Draw a picture for a senior friend	Thank someone for helping you	Take care of a plant or a pet	Donate toys to charities or shelters	Leave a thank you note for your letter carrier
Give a hug to someone you love	Tell your family members what you love about them	FREE	Help with yard work	Send a note of thanks to a family member
Say something nice to someone you love	Read a book together	Tell a joke	Make cookies for others	Make a gratitude list
Share a toy with your sibling	Write a kind note to your teacher	Share a smile with someone	Leave a sidewalk chalk message	Draw a thank you picture for a community helper

