

Kindness Through Feelings



Topic: How others feel: kindness through empathy

Time Needed: 30–40 min

Objective

Your child will be able to identify different feelings (happy, sad, mad, scared, etc.), understand that kind actions can help others feel better, and practice showing kindness when someone is feeling down.

Materials Needed

- Storybook: “The Feelings Book” by Todd Parr or “My Many Colored Days” by Dr. Seuss
- Emotions flashcards (or homemade drawings of happy/sad/mad faces)
- Stuffed animals or dolls
- Drawing paper and crayons
- *Mirror (optional)*

Discussion Questions

- What does it mean to feel happy? Sad? Angry?
- Can you make a happy face? A sad face? (Use a mirror for fun!)
- Ask: “Have you ever felt sad? What helped you feel better?”

Read Aloud

Read “The Feelings Book” or “My Many Colored Days” & discuss:

- Who do you think this character feels?
- What would be a kind thing to do if your friend felt like that?

Activity: Helping Our Stuffed Friends

Use stuffed animals or dolls to act out situations:

- One stuffed friend feels sad because no one played with them.
- Another is mad because someone took their toy.

Ask your child:

- “What could we do to help this friend feel better?”
- Practice saying kind things or offering to help/share.

Let your child role-play comforting the stuffed animal with hugs, words, or small acts of kindness.

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Activity: Kindness drawing

Ask your child to draw a picture of a time they helped someone or made someone feel better.

Write their description underneath: "I helped when...." or "I was kind by...."

Assessment

- Can your child recognize and label emotions?
- Can they suggest or demonstrate a kind response to those emotions?
- Did they participate in pretend play with empathy?

Optional Activities

Feelings Chart: Make a simple daily chart and ask "How are you feeling today?" Let your child place a sticker or draw a face.

Kindness Bingo: Include squares like "Give someone a hug", "Say I love you," or "Help clean up toys."

Try to be a rainbow in someone's cloud.

-Maya Angelou





Instructions

1. Print Bingo card
2. Let your child color in or mark off a square each time they complete an act of kindness
3. Celebrate a “BINGO!” when they complete a row (across, down, or diagonal).
4. Encourage them to complete the full board over a week or month.



KINDNESS BINGO

Say
"Please"

Help clean
up

Give a
high five

Smile at
someone

Share
your toy

Say
"Thank
You"

Pick up
trash

Say
something
nice

Wait your
turn

Hug a
family
member

Hold the
door

Help
make
lunch



Say "Good
job!"

Let
someone
go first

Draw a
picture
for
someone

Compliment
a friend

Play nicely

Feed a
pet

Ask "How
are you?"

Tell
someone
"I love
you"

Be a good
listener

Help set
the table

Give a
thumbs
up

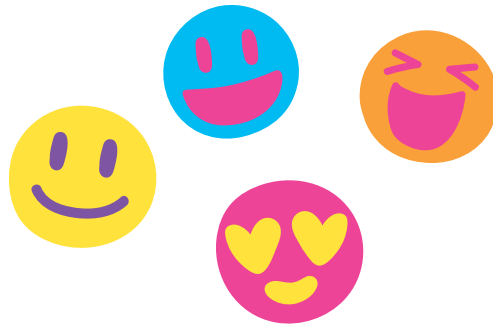
Invite
someone
to play



FEELINGS CHART

Instructions

1. Print Feelings Chart
2. Ask your child “How are you feeling today?”
3. Have your child place a sticker or draw how they’re feeling on the chart.



FEELINGS CHART

Mon

Tue

Wed

Thu

Fri

Sat

Sun