



Kindness Grows!



Topic: Kindness

Time Needed: 30–40 min

Objective

Your child will be able to define kindness in their own words, identify at least 3 kind actions, and demonstrate one act of kindness at home.

Materials Needed

- Storybook: “Try a Little Kindness” by Henry Cole
- Construction paper or white paper
- Crayons or markers
- A small plant pot, cup with soil, or paper cut-out of a flower
- *Optional: “Kindness Actions” printable*

Discussion Questions

- What does it mean to be kind?
- Who are some people we can be kind to?
- How does being kind make others feel?

Talk about examples they may have experienced (helping a sibling, saying “please” and “thank you”, or hugging someone who’s sad).

Read Aloud

Read “Try a Little Kindness” & discuss:

- Pause to ask, “Was that a kind action?”
- Ask your child to point out kind actions and predict what the character might do next.

Activity: Kindness Flower or Plant

Option A – Paper craft version

- Draw or print a flower with 5 blank petals.
- Ask your child to think of one kind action for each petal (e.g., “Help with dishes”, “Share toys”, “Say thank you”).
- Have them color and decorate each petal, then glue them to a flower stem.





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Activity: Kindness Flower or Plant

Option B - Real plant version

- Use a small potted plant and tell your child “Every time we do something kind, it helps our kindness grow – just like this plant!”
- Write down their kind action on a label or tag and place it near the plant.

Wrap-Up: Kindness in Action

Ask: “What is one kind thing we can do right now?”

Choose a simple action together, like making a card for someone, helping with a chore, or giving a compliment.

Extension Ideas

- Create a “Kindness Jar”. Add a note every time your child does something kind. Read the notes at the end of the week.
- Kindness Calendar: Fill in one kind action each day for a month.
- Community Kindness: Write a thank you note to a mail carrier or neighbor.



Kindness is like a seed that
when cultivated can grow
and grow...and grow.

