



Kindness Starts at Home

Topic: Kindness

Time Needed: 30–45 min

Objective

Your child will understand that kindness begins with small actions at home and will practice showing kindness to family members.

Materials Needed

- Storybook: “Kindness is My Superpower” by Alicia Ortego
- Construction paper or cardstock
- Crayons, stickers, markers
- Scissors & glue
- *Optional: Family photos, small jar or container*

Discussion Questions

- What is kindness?
- Who can be kind to at home?
- How does it feel when someone is kind to you?

Read Aloud

Read “Kindness is My Superpower” & discuss:

- What did the character do that was kind?
- What can we do like them at home?

Activity: Kindness Coupons

- Help your child cut out 5–7 small rectangles of paper
- On each one, have your child draw or write a kind act they can do for a family member (e.g. “Help Mom fold laundry”, “Give Dad a big hug”, “Let my brother pick the game”)
- Decorate the coupons with markers, drawings, or stickers

Optional Extension: Put the coupons in a “Kindness Jar” and have your child draw one each day to complete.





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Assessment

- Observe how your child participates and shares during the discussion.
- Check if they can name at least one kind thing they can do at home.
- Note their reactions after completing a kind coupon task.

Optional Follow-Up Activities

- Start a “Kindness Calendar” for daily home-based kind actions.
- Draw a “Kindness House” where each room shows a different act of kindness.
- Create a scrapbook for photo journal of kind deeds done at home.

 In a world where you
can be anything, be kind...

