

# Learning Guide



## Kindness

We hope you enjoyed learning all about how we can be kind and why it's important for our world. Extend your learning with this print-ready Learning Guide!



## What's in this Learning Guide?

### **Get Set to Listen**

Answer TRUE or FALSE statements before and after listening to the episode.

### **Vocabulary**

### **Discussion Questions**

*CCSS.ELA-Literacy.SL.3-8.1, SL.3-8.3*

### **Writing Prompts and Extension Projects**

*CCSS.ELA-Literacy.W.3-8.1, W.3-8.2, W.3-8.3, W.3-8.4, W.3-8.7, W.3-8.8*

### **100 Acts of Kindness**

*CCSS.ELA-LITERACY.SL.3.1 – SL.5.1; NHES Standards 1, 4, & 8*

### **Kindness Journal Template**

*CCSS.ELA-LITERACY.W.3.10 – W.5.10, W.3.3 – W.5.3, 4.8 – W.5.8; NHES Standards 1, 4, & 8; CASEL: Self-Awareness, Social Awareness, & Relationship Skills*

### **Kindness Chain Reaction: Activity**

*CCSS.ELA-LITERACY.RL.2.2 – RL.4.2, RL.2.3 – RL.4.3, RL.3.7 – RL.4.7, SL.2.1 – SL.4.1; NHES Standards 1 & 4; CASEL: Empathy, Relationship Skills, & Social Awareness*

### **Quick Activities to Promote Kindness**

*CCSS.ELA-LITERACY.SL.2.4 – SL.5.4, SL.2.6 – SL.5.6; NHES Standards 1, 4, & 7; CASEL: Self-Awareness, Social Awareness, & Relationship Skills*

### **Kindness Meditation**

*NHES Standards 1, 4, & 7; CASEL: Self-Awareness, Self-Management, Social Awareness, & Relationship Skills*

### **Additional Resources & Book List**



**The Children's Hour**  
kids public radio

© 2026 The Children's Hour radio show podcast  
<https://www.childrenshour.org/kindness/>



# Get Set to Listen

## 1. Before listening!



Write down your response to the question below. Share with a partner or small group when you are finished.

- **Can you think of a time when someone showed you kindness? How did it make you feel?**

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## 2. After listening!



Write down your response to the following question. Share with a partner or small group when you are finished. How has your thinking about kindness changed after listening to this episode?

- **What is one kind thing you could do today?**

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# Vocabulary

## Listening for Words

1. Make a four-column chart and label the columns “I don’t know,” “I’ve seen or heard, but don’t know the meaning,” “I think I know the meaning,” and “I know the meaning.”
2. Write the vocabulary word in the column that describes how well you know the meaning of the word.
3. Listen to [the episode](#). Note how the speaker uses the words.

## Matching Words with Definitions

1. Print and cut apart the word and definition cards.
2. Spread out the word cards so you can see them all. One by one, attach a definition card to each word card.

## Writing with New Words

After working with the words and definitions, write a one-page essay or story that uses at least three of the words.

<b>empathy</b>	Understanding another person’s experience and emotions.
<b>meditation</b>	The practice of focusing and clearing your mind in order to relax, reduce anxiety, create positivity, and feel better overall.



# Vocabulary

## brain chemistry

As we experience things, our brains receive, create, and release chemicals such as oxytocin, dopamine, serotonin, and others that have a major effect on our mood, thoughts, and emotions.

## hormones

Chemical messengers in the body that signal different parts of the body what to do.

- *Serotonin* – helps you feel calm and happy
- *Endorphins* – help reduce pain and make you feel good
- *Oxytocin* – helps people feel connected and cared for

## neurodivergence

When people's brains think and work differently than what is considered 'typical'. Some examples include having Autism, Dyslexia, ADHD, and Giftedness.

## intentional

When something is done on purpose or planned.



# Discussion Questions

1. How would you define kindness?
2. Do you think small acts of kindness can make a big difference? How?
3. What emotions are connected to kindness?
4. Why might kindness sometimes take bravery or effort?
5. What happens in our bodies when we do something kind for someone?
6. How can kindness spread from one person to another?
7. Think of a time when someone showed you kindness. How did it make you feel?
8. What is one kind thing you could do today for someone else?
9. How can kindness help make your school or community better?

## Group Discussion Strategies

### Think Pair Share:

1. Individually, student writes down their answer to a question.
2. Students pair up and tell each other their answers.
3. Teacher calls for volunteers to share with the whole class their answer (and/or their partner's answer). Teacher notes key words/phrases on board.

### Round Robin:

1. Teacher poses one question (written on top of a large page) to students, who are assembled into small groups of 3 or 4.
2. Students take turns brainstorming the answers. The recorder of the group writes down all answers.
3. The leader reads the group's ideas to the entire class. Teacher moderates.



# Writing Prompts

## Narrative Prompts

1. Imagine you see someone being kind at school. Write a story about what happens next and how that kindness spreads.

**Extension:** Turn your story into a comic strip with illustrations.

2. Think about a time when someone was kind to you. Write a story describing what happened and how it made you feel.

**Extension:** Keep a kindness journal to keep track of the kind acts you see and do.

## Informative/Explanatory Prompts

1. Explain what kindness means. Use examples from this episode and your own life.

**Extension:** Make a poster to share your ideas with others.

2. Explain how kindness can make people feel happier and healthier.

**Extension:** Keep track of how you feel every time you are kind to someone or experience kindness from someone else. What do you notice?

3. Describe three ways people can show kindness every day.

**Extension:** Make a display and have others contribute their ideas.

## Opinion/Persuasive Prompts

1. What's the best way to make kindness a habit?

**Extension:** Put your plan into action!

2. What is the best way to spread kindness? Give examples.

**Extension:** Start a kindness campaign!



# 100 Acts of Kindness

Anyone can show kindness through their thoughts and actions. Acts of kindness can be random, like complimenting a stranger, or they can be more intentional and planned out. You can show kindness to people, animals, plants, the environment, objects, and yourself! Use the 100 Acts of Kindness ideas below and on the following pages. Write some of your own!

1. Cut out the 100 Acts of Kindness cards and put them in a bag or other container.
2. Choose one or more per day to do. Some acts of kindness may take more than a day to plan and complete.
3. Put the card back into the container to do again later, or set it aside and work your way through the other acts of kindness.

## OR

1. Keep the cards intact and place a mark next to the number each time you complete that act.
2. Can you mark all the acts of kindness? Are there some acts of kindness you did more than others?

1. Clean up a mess, even if you didn't make it.	2. Hold the door open for someone.	3. Do a chore for someone without them knowing.	4. Tell a joke.
5. Return someone's cart at the store.	6. Give candy to your barber.	7. <a href="#">Leave a letter</a> in a library book.	8. Feed the birds.
9. Leave <a href="#">happy notes</a> around town.	10. Put a small bin in your car to collect recycling.	11. Ask a senior person to talk about old times, and listen.	12. Pick up litter.
13. Let someone go ahead of you in line.	14. Compliment a friend.	15. Compliment a stranger.	16. Write a thank you note for your mail carrier.

17. Plant something.	18. Bake dessert for a neighbor.	19. Walk dogs at the animal shelter.	20. Check in on an elderly neighbor.
21. Set up a lemonade stand and donate the profits.	22. <a href="#">Send a card</a> to a service member.	23. Bury treasure at the playground.	24. Set the table for dinner.
25. Put money on a stranger's layaway bill.	26. Tell someone why they are special to you.	27. Buy a meal for a stranger.	28. Pass out stickers to kids waiting in line.
29. Talk to someone new at school.	30. <a href="#">Write chalk messages</a> on the sidewalk.	31. Weed or shovel for a neighbor.	32. Put bubbles on someone's doorstep.
33. Donate food to the food pantry.	34. Bring flowers to your teacher.	35. Tell a manager how good your service was.	36. Tape change to a parking meter.
37. Donate socks and supplies to the homeless shelter.	38. Give a lottery ticket to a stranger.	39. Call a friend you haven't seen in a while to say hello.	40. Tape money for the ice cream truck to a friend's front door.
41. Talk with a friend or family member about kindness.	42. Read a book to a sibling.	43. Visit with your elders.	44. Buy something second hand or used.

45. Use a reusable water bottle.	46. Say hello to everyone you see.	47. Make someone else's bed.	48. Wave at kids on school buses.
49. Use a reusable grocery bag.	50. Invite someone to play on the playground.	51. Tell the principal how great your teacher is.	52. Donate a toy to Toys for Tots.
53. Turn off the water while brushing your teeth.	54. Say thank you when you see service members.	55. Leave coins at the laundromat.	56. Make <a href="#">a thank you sign</a> for sanitation workers.
57. Make a busy bag for a family with young children.	58. Bring cookies to the custodian.	59. Help make dinner.	60. Donate new pajamas for foster kids.
61. Make a get well card for someone.	62. Look someone in the eyes and wish them a good day.	63. Bring your neighbor's garbage cans up for them.	64. Take care of someone's pet while they're away.
65. Share a favorite recipe.	66. Reuse paper when you are drawing.	67. Share a special toy with a friend.	68. Clean up your room without being asked.
69. Tape a video message for faraway friends.	70. Leave <a href="#">kindness stones</a> at the park.	71. Give a \$5 gift card to the bus driver.	72. Leave a book in a little library. <a href="#">Set one up in your yard or school!</a>

73. Send dessert to another family at a restaurant.	74. Buy extra school supplies for a teacher.	75. Make muffins for your pharmacist.	76. Teach someone something new.
77. Give someone <a href="#">a hug coupon</a> .	78. Volunteer at a soup kitchen.	79. Write a note for someone's lunch.	80. Collect money or items for your favorite charity.
81. Post inspirational quotes on your social media.	82. Write a poem for a friend.	83. Ask for donations instead of birthday gifts.	84. Help someone unload groceries at the store.
85. Donate pet food to an animal shelter.	86. Eat foods that were grown/raised locally.	87. Make a homemade gift for someone.	88. Clean up the playground at your school.
89. Deliver socks and toiletries to a homeless shelter.	90. Plant a garden by the sidewalk outside your house.	91. Make a thank you card for your librarian.	92. Dry the slides at the park with a towel after it rains.
93. Organize a litter clean up.	94. <a href="#">Make play dough</a> for a preschool class.	95. Send a postcard to a friend.	96. Stick up for someone who's being treated poorly.
97. Call out good deeds.	98. Put money in a vending machine.	99. Organize a carpool.	100. Smile at everybody. It's contagious!



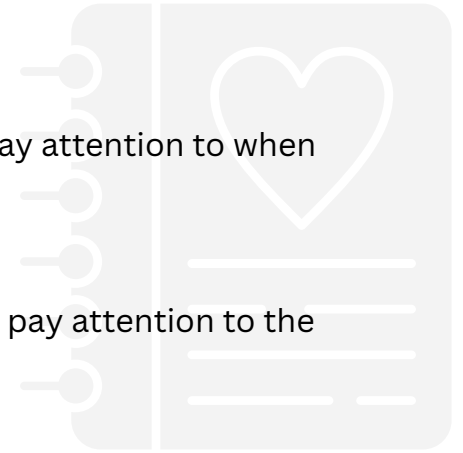
# Kindness Journal

## Challenge

Be intentional about doing at least one act of kindness each day. Pay attention to when others are kind to you. Write about it in this kindness journal.

## Reflect

What do you notice happening the more you are kind to others and pay attention to the kindness of others?



Date: \_\_\_\_\_

Something kind I did today was \_\_\_\_\_

\_\_\_\_\_

Afterwards, I noticed \_\_\_\_\_

\_\_\_\_\_

Something kind someone did for me today was \_\_\_\_\_

\_\_\_\_\_

Afterwards, I noticed \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

Something kind I did today was \_\_\_\_\_

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Afterwards, I noticed \_\_\_\_\_

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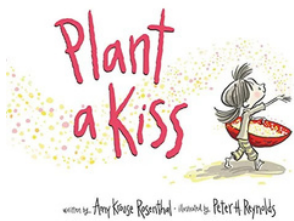
# Kindness Chain Reaction

*Learn about how kindness spreads with this hands-on activity!*

## Materials

- Paper strips
- Markers
- Tape or stapler

## Read



### ***Plant a Kiss***

by Amy Krouse Rosenthal

This book's simple, rhyming text and lovely illustrations, celebrates how a small act of kindness can grow into something amazing.  
ages 1-5



### ***Kindness is a Kite String: The Uplifting Power of Empathy***

by Michelle Schaub, illustrated by Claire LaForte

This lyrical picture book illustrates how kindness is contagious (pay attention to the illustrations!) It's also great for showcasing figurative language.  
ages 8-10

## Create

1. Write one act of kindness on a paper strip.
2. Connect strips to form a chain.
3. Add a new link every time someone does a kind act.

## Discuss

- *How did kindness spread in the book we read?*
- *How does this paper chain show how kindness spreads?*
- *What do the links represent?*
- *What would it feel like if we had a really long kindness chain?*



# Quick Activities to Promote Kindness

*Practice positive communication and recognize kindness with these activities!*

## Compliment Circle

### Directions

1. Participants sit in a circle.
2. One person gives a compliment to the person next to them.
3. Continue around the circle.

### Examples

- *“You are a good friend.”*
- *“You helped me with my work.”*

## I Give 2, You Give 1

### Directions

1. One person calls out 2 people they noticed doing something kind.
2. Each person who was called out then calls out one additional person whom *they* observed doing something kind.

## Encouragement Jar

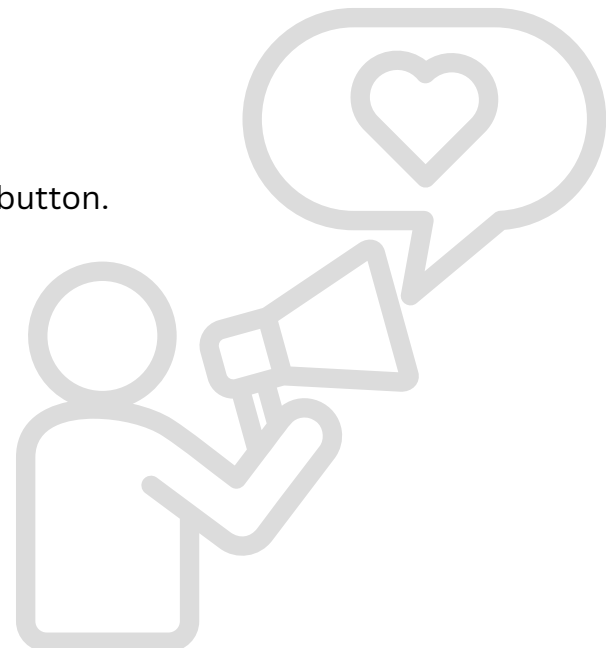
### Directions

1. When you or anyone sees someone doing something kind, write it on a small piece of paper and put it into a jar.
2. At a designated time, pull from the jar and read aloud a note or two.

## Celebrate Acts of Kindness with a Sound

### Directions

1. Choose something that makes a distinctive and fun sound—a bell, wind chime, or 30-second dance party button.
2. Play it every time you see a kind act.
3. You can stop to name the act, or not.





# Kindness Meditation

Meditation is the practice of focusing and clearing your mind in order to relax, reduce anxiety, create positivity, and more. There are many different ways to meditate, but many of them utilize mindfulness, which is having awareness of our thoughts, feelings, bodily sensations, and the surrounding environment.

Try practicing mindfulness with these kindness meditations:

## Watch

Practice mindfulness with this guided meditation video, led by kids!

- [Center for Child Counseling: Loving-Kindness Mindfulness for Kids](#)

## Practice

Get into a comfortable position in a quiet place. Send kind wishes to yourself by repeating these phrases:

*I wish for (my name) to be happy.*

*I wish for (my name) to be healthy.*

*I wish for (my name) to feel safe and loved.*



Now think of someone you care about, bring their image to your mind, and send them kind wishes.

*I wish for (person's name) to be happy.*

*I wish for (person's name) to be healthy.*

*I wish for (person's name) to feel safe and loved.*

Take a few slow, deep breaths in and out, and feel the love and kindness!





# Additional Resources

Resources from the [Random Acts of Kindness Foundation](#).

Check out these school-based acts of kindness resources from the [Golden Rule Project](#).

Listen to more [Lindsay Munroe](#) and [Raffi](#) by visiting their YouTube pages.

Learn about the [Circle of Friends at the University of Nebraska](#) and how they work to support students with autism.

## [Parent resources on Kindness and Empathy from PBS.](#)

Teachers can use [this activity to help kids understand the effects of bullying](#), from PBS Learning Media.

“Be Kind” [Coloring Page](#).

## [Empathy Activities for Kind and Not-Bored Kids](#)

Tips, activity ideas, and resources for caretakers to do with kids to encourage empathy and kindness.

## Videos

### [The Science of Kindness](#)

This video from the Random Acts of Kindness Foundation explains why kindness makes a difference.

### [TEDx Youth: How Growing Up Looking Different Taught Me Compassion](#)

12-year-old Kayla Cooley Herndon talks about her experiences being bullied because of her unusual skin coloration. She came to realize that pain is often the root of bullying and that kindness can help.

### [PBS NewsHour](#)

Watch this video about the science behind why doing good makes us feel good.



# Book List

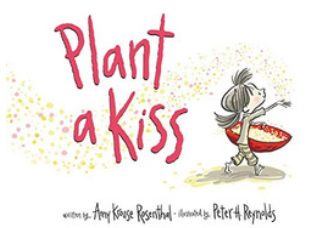


## **Kindness Makes Us Strong**

by Sophie Beer

This bright and inclusively illustrated picture book celebrates all the ways that kindness makes us strong.

ages 1-6

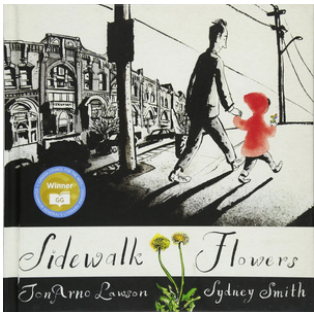


## **Plant a Kiss**

by Amy Krouse Rosenthal

This book's simple, rhyming text and lovely illustrations, celebrates how a small act of kindness can grow into something amazing.

ages 1-5



## **Sidewalk Flowers**

by JonArno Lawson

In this beautiful, wordless picture book, a little girl collects wildflowers on a walk with her distracted father. Each flower becomes a gift, transforming both giver and recipient.

ages 3-7



## **Here We Are**

by Oliver Jeffers

This award-winning book is a guide to life on Earth and treating others with kindness.

ages 3-8



## **Extra Yarn**

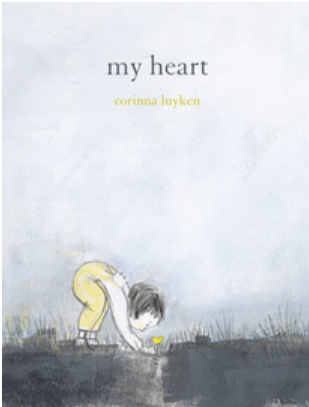
by Mac Barnett

In this funny and charming picture book, a young girl in a dreary town discovers a magical box of brightly colored yarn that never runs out. She begins knitting sweaters for everyone and everything, transforming the town and everyone in it.

ages 3-10



# Book List



## ***My Heart***

by Corinna Luyken

Living with kindness benefits yourself as well as others. With lyrical prose and stunning illustrations, this bestselling picture book shows children how to open their hearts. As they show kindness to others, they'll also be kinder to themselves.

ages 4-8



## ***Two Many Birds***

by Cindy Derby

Filled with heart, hilarity, and relevance, this book features a mass bird revolt against a grumpy bird monitor who's a stickler for too many silly rules, leading to a grass-roots solution where there's room for everyone and more.

ages 3-10

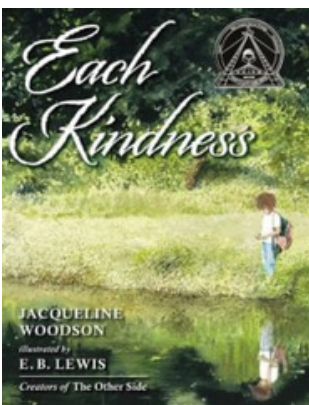


## ***Be Kind***

by Pat Zietlow Miller, illustrated by Jen Hill

When Tanisha spills grape juice on her new dress, a classmate contemplates how to help her feel better. This thoughtful picture book explores both big and small ways to show kindness, from asking someone new to play to standing up for others being teased.

ages 5-9



## ***Each Kindness***

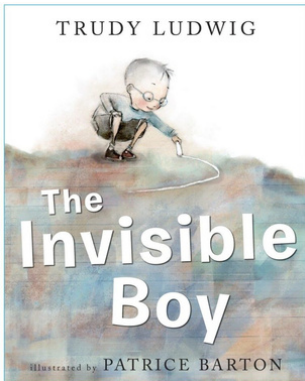
by Jacqueline Woodson, illustrated by E.B. Lewis

In this powerfully emotional story, Chloe and her friends won't play with the new girl, Maya. They bully her until she moves away. Chloe realizes her mistake too late and regrets her missed opportunity.

ages 6-10



# Book List



## ***The Invisible Boy***

by Trudy Ludwig, illustrated by Patrice Barton

Meet Brian, a student who feels overlooked and excluded until new classmate Justin arrives. This heartwarming story shows how one act of inclusion can help someone “invisible” find their voice and shine. Perfect for discussions about noticing others and the power of friendship.  
ages 6-10



## ***Kindness is a Kite String: The Uplifting Power of Empathy***

by Michelle Schaub, illustrated by Claire LaForte

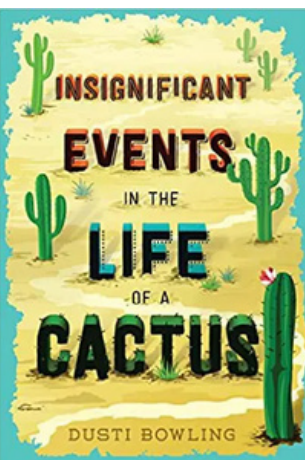
This lyrical picture book illustrates how kindness is contagious (pay attention to the illustrations!) It’s also great for showcasing figurative language.  
ages 8-10



## ***White Bird***

by R.J. Palacio

In this graphic novel, author R.J. Palacio expands the universe of her previous hits, [Wonder](#) and [Auggie & Me](#). Readers learn the story of Julian's grandmother, Grandmère, who was hidden by a family in a Nazi-occupied French village during World War II. Through this act of kindness, the boy whom she and her classmates shunned became her savior and best friend.  
ages 10-15



## ***Insignificant Events in the Life of a Cactus***

by Dusti Bowling

The main character in this YA novel is born without arms, which hasn't been a problem until she moves to a new town. Two new friends who also struggle with feeling different help each other overcome feeling isolated and embarrassed--all while solving a huge mystery. Lessons about empathy, compassion, and self-esteem are expertly woven throughout, making this a must-read for all middle-grade readers!  
ages 9-15