

Kindness Counts!

Throughout the month of February, we will be talking about the concept of kindness. We will learn songs, read stories, have kindness reporters in the classes and more. We thought it would be a great learning experience for us to carry this into your homes as well. There are three ways you could help.

Book Collection

One way we show kindness is by giving things to others or sharing something we have. We will have a GENTLY used book drive this month. Please have your child help go through your children's book collection (infant – pre-teen appropriate) and decide if there are any you could donate. We will share these books with the families at Westview Elementary school. Some books may be used in the classrooms, but many will be sent home with students so those families can have more books in their homes. Can you imagine a better way to encourage literacy?

Kindness Chain

We will be making a paper chain of kindness to hang from our office ceiling. We are sending home three strips that correspond with your child's class. Whenever you notice your child doing something kind, please write it on the strip and send it in to school. We will add it to our chain. Feel free to let your child decorate it a little so it's easier for your child to spot later amongst all the chain links.

Kindness Buddies

We are sending home a kindness buddy for each family. These little posable guys can be used in a similar way to the "Elf on the Shelf." Don't be alarmed. This won't be nearly as time consuming or taxing as those Elfs. We encourage you to do a quick little something with these guys some evenings after your kids have gone to bed. This buddy can either write a note about an idea for a kind action or record a time your child did something kind. We are sending home some sample cards that you are welcome to use to write the notes (some are specific to an idea listed below.) You are welcome to print as many cards as you need. They will also be attached on this email. Below are some ideas of ways you can use your kindness buddy.

Kindness ideas:

Kindness awareness:

- With strips of paper make your own chain of kindness – each time you notice someone doing something kind, write it on a paper strip and link it to your chain.

Kindness from your buddy to your child:

- When they see the children doing kind and lovely things, they will leave a little note for them to find in the morning e.g. "Oh I loved it when I saw you sharing your new

book with your little sister” or “you were very kind to help your Mommy load the dishwasher!” etc.

- Some mornings they may wake up to find the elves have lined up their shoes, tidied their coats, got the breakfast things ready or fixed a broken toy etc. Modelling direct ways to be kind and helpful.

Kindness list of ideas for your child to do:

This is a list of ideas for where or how your child might discover his kindness buddy when he wakes in the morning.

- By the mixer: Make cookies for a neighbor or the fire fighters
- By the cell phone: Call someone that would love to hear from you.
- By a piece of candy: Have little kids draw special pictures. Use these as wrapping paper, tucking inside them a piece of wrapped candy along with a note like “thanks for being so nice” or “you made my day.” When kids are out, stay on the lookout for a nice cashier, helpful librarian, or kind friend to hand out a surprise package. It cues kids to see goodness everywhere.
- In the toy room or on the toy shelf: pick a toy to donate to a charity like Goodwill.
- By child's shoes: Pick a pair of shoes to donate
- By toothbrush: Enjoy these brand new toothbrushes and toothpaste from the Kindness buddy! Then brush your teeth until they're shiny and go out and SMILE at everyone you see today. You could make their day very special!
- By a pinecone: make a vegetable shortening and birdseed bird feeder and hang from a tree for the birds
- By the art supplies: Paint or draw a picture to share with someone you see today.
- By the laundry basket: Help sort laundry and match socks.
- By the door: Hold the door open for someone today. Say, “Have a good day!”
- By writing materials: Write a “thank you” note to someone who had done kind things for you.
- On top of a pile of books: Select a book (or a few) to donate to preschool's Book Share drive.
- Inside an envelope: Write a little note to the Mail Carrier. Put it and a little treat into your mailbox to surprise them.
- On a quarter: Leave a quarter in the cart at Aldi's with a little note that says, “Sharing kindness in our world.”
- By the trashcan: Put on gloves and pick up some trash that is on the park playground. Also, go outside when the trash truck comes and wave your little heart out.
- On a mirror: Give someone a compliment today. Ask your mom and dad what that is. 😊
- In a bowl of popcorn: Tape a bag of microwave popcorn to a Redbox.
- With a stuffed animal: Do something kind for your or a neighbor's pet.
- On a towel: Dry the slides and swings at a park.

- In a blanket on your couch or a favorite chair: Offer to snuggle with and read a book to your mom or dad. Give them a big hug too!
- In the silverware drawer: Help set the table for dinner.
- In a pile of stuffed animals: Pick a stuffed animal to donate to a firehouse so they can have it to pass on to children during an emergency.
- With sidewalk chalk: Write a happy note on a neighbor's driveway
- On art supplies: Make a sun or sun picture and write "You brighten my day!" on it. Share it with someone that makes you happy.
- On a paper heart: Let someone go ahead of you in line. Give them the heart and say, "Have a good day."
- With the library books: Make a special picture to give to the librarian. Be sure to thank him or her for all their work.
- On a picture of your family: Work especially hard to look for ways you can do kind things for the people in your family all day long.
- With a bottle of water: Give a bottle of water to your pastor on Sunday. They get thirsty while they are talking. ☺
- On a smiley face (maybe make a face out of your child's morning cereal?): Go on a walk and draw smiley faces every now and then. As people go for their walks it will be a nice surprise.

Kindness ideas from your child to your buddy:

- Using a box, make a house for your buddy
- Give your buddy a bath
- Using playdough, make some pretend food for your buddy
- Find some soft material (or even Kleenex) and make a bed for your buddy
- Decorate a tunnel for your buddy to crawl through (a toilet paper tube)



