



KINDNESS KIT

@ HOME

Hands-On Activities for
Children Learning about
Kindness and Inclusion

GRADES PreK - K

Regardless of age, these materials are to be enjoyed by those
who *developmentally* align with these grade levels.

Download additional Kindness Kits at
magicalbridge.org/kindnesskits



MAGICAL BRIDGE®
CHANGING PERSPECTIVES

Welcome to the **Magical Bridge Kindness Kits @ Home!**

Magical Bridge Foundation knows that when people of all ages, abilities, and disabilities come together and play on the playground something special happens. Formative play experiences can help us build empathy, understanding, and create more inclusive communities. With playgrounds closed in most areas, and all of the changes to our daily routines, we want to provide you with a set of tools to bring a little magic into your home.

The Magical Bridge Kindness Kits were developed in partnership with Changing Perspectives to provide parents and caregivers with resources for teaching kindness and empathy at home to children in grades preK-5. We are thrilled to be able to offer these kits to you free of charge, for you to fill family time with magical experiences while staying safe at home.

This guide will help parents and caregivers better understand the purpose behind these resources and how to use them with your child(ren) in the most meaningful ways possible.

- The resources are divided into 3 levels of activities for those who align developmentally with grades PreK-K, grades 1-2, and grades 3-5. For each grade level, we have curated three different types of learning resources for you to choose from: videos with discussion questions, books with discussion questions, and hands-on, 20-minute activities.
- These resources are designed to be a library for you to choose from. There is no set order you must go in or number of activities you must do. These materials are here for you to use in whatever way is going to be most enjoyable and engaging for you to support your child(ren) in developing vital skills to become kind and empathetic individuals.
- The resources are designed to help lay a foundation for your child(ren)'s social-emotional skill building. These essential, transferable skills can then be applied to support children as they navigate our ever changing and challenging world.

Here are other helpful tips and tricks:

- Don't worry if you don't have access to the books. All of the books have links to videos of the stories being read. Try getting into a nightly routine where you read/watch a story and have a brief discussion with your child(ren) using our premade discussion questions at bedtime.
- Since many of us are spending time on screens at home, let's use the screen time to cultivate a greater understanding of empathy and kindness. Consider sitting with your child(ren) and watching some of our curated videos and discussing the themes in the videos using our premade discussion questions.
- Develop a routine for doing these activities at home. By carving out a designated period of time weekly/daily/monthly to engage with these activities, it can be easier to ensure that your family makes learning about empathy and kindness a priority and can provide a welcome break from more rigid academic learning.
- We hope adults will engage in these activities, too! By doing activities along with your children, you are modeling that the concepts taught are important to you. This is a great way to bring the whole family together to learn more about each other and to have valuable conversations about how you can contribute positively to challenges our communities are facing.

From all of us at Magical Bridge and Changing Perspectives, we hope that these resources help to inspire kindness and empathy in you and your family.

We would love to hear from you about how you have used these resources, so please reach out with your stories and photos by emailing: kindnesskits@magicalbridge.org — and please tag [@magicalbridge](https://www.instagram.com/magicalbridge) on social media to share your experience!



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MAGICAL BRIDGE KINDNESS KITS

[Download](https://magicalbridge.org/kindnesskits) at magicalbridge.org/kindnesskits

KINDNESS KITS

Grades PreK - K
Grades 1 - 2
Grades 3 - 5

KINDNESS KITS @ HOME

Grades PreK - K
Grades 1 - 2
Grades 3 - 5

Regardless of age, these materials are to be enjoyed by those who *developmentally* align with these grade levels.



RECOMMENDED BOOKS Grades PreK-K

Title of Book	Author	Discussion Questions	Corresponding URL
<i>I Like Me</i>	Nancy Carlson	<p>What is one thing you like to do for fun?</p> <p>What is one thing you do to take care of yourself each day?</p> <p>What do you do if you are feeling sad or make a mistake?</p>	https://www.youtube.com/watch?v=VbhUZ-PA6kwE
<i>A Big Guy Took my Ball</i>	Mo Williams	<p>Why did the Big Guy take the ball?</p> <p>How was the Little Guy feeling when the Big Guy took the ball?</p> <p>How was everyone in the book feeling at the end of the story? Why did they feel that way?</p>	https://www.youtube.com/watch?v=pe5LmF-1cKdU
<i>The Things I Can Do</i>	Jeff Mack	<p>What is this story about?</p> <p>What are things that you can do yourself?</p> <p>What is something you hope to be able to do by yourself when you are older?</p>	https://www.youtube.com/watch?v=yRzHwzh-GqXU
<i>Have you filled your bucket today?</i>	Carol McCloud	<p>How do you feel when your bucket is full?</p> <p>How do you fill up someone's bucket?</p> <p>What is a bucket filler?</p>	https://www.youtube.com/watch?v=3EuemNA-o6XE



RECOMMENDED VIDEOS Grades PreK-K

Title of Video	Producer	Discussion Questions	Corresponding URL
<i>Color your world with kindness</i>	A Better World	<p>What was an act of kindness you saw in this video?</p> <p>Why did the video change from black and white to color?</p> <p>What is one act of kindness you have done or can do in your life to help another person?</p>	https://www.youtube.com/watch?v=rwe-IE8yyY0U
<i>Sesame Street: Empathy</i>	Sesame Street	<p>What is this video about?</p> <p>What does the word empathy mean?</p> <p>How can you show empathy to a friend?</p>	https://www.youtube.com/watch?v=9_1R-t1R4xbM
<i>What does diversity mean</i>	STARS Nashville	<p>How were the kids in the video different from you?</p> <p>Why should we be kind to everyone no matter how they are different?</p> <p>What makes you different and special?</p>	https://www.youtube.com/watch?v=Fd5Cm3x-zMS4
<i>Kindness is a Muscle</i>	Peacock jr	<p>What is this song about?</p> <p>What is something someone has done to show kindness to you?</p> <p>What is something you can do to show kindness to someone else?</p>	https://www.youtube.com/watch?v=BX-Ao_5voOP0



AT HOME FUN ZONES

DURATION 15-20 MINUTES



MATERIALS/SETUP

- Notepaper and pencil/pen
- Plain or construction paper, whole or cut in half horizontally
- Scissors (optional)
- Coloring utensils, such as markers, colored pencils, or crayons
- Masking tape



THE ACTIVITY

- Start this activity by finding a quiet place to sit with your child(ren) to have a conversation. Begin the discussion by saying, “Let’s talk about how we can play in different ways when we can’t go to the park and playground.”
- Ask your child(ren) to think about fun things they like to do at home, such as puzzles, reading, games, playdough, dancing, etc. As your child(ren) shares, write down the different activities on a piece of paper.
- After you have a list, tell your children that they will be making At Home Fun Zones signs. Give your child coloring utensils and paper.
- Next, write the name of one of the activities on a blank sign.
- Then, ask your child(ren) to draw an illustration of the activity to complete the sign.
- After all of the signs are made, help your child(ren) use masking tape to post signs around your home in the areas where they do each activity.
 - For example, if your child(ren) made a sign for blocks, they could tape the sign near their block bin.
 - You may have more than one sign per area, such as a kitchen area for playdough and painting.
 - You may also have multiple areas for different activities, such as reading or playing with stuffed animals, so have your child(ren) make multiple signs for an activity if needed.
- Optional: Brainstorm together to come up with a name for your at home fun zone, such as “10 Main Street Playground” or “Hernandez Fun Zone.”
 - Have your child(ren) make a welcome sign with your fun zone name.
 - Post the sign somewhere visible so you and your child(ren) can refer to it when you’re trying to think of fun activities.

CALM SPACES

DURATION 15-20 MINUTES



MATERIALS/SETUP

- You will be helping your child create a cozy spot, so you will need a range of materials and objects. See the instructions for ideas.



THE ACTIVITY

- Begin this activity by finding a quiet place to sit with your child(ren). Ask them to recall a time that they got upset. What were they upset about and how did they calm down?
- Tell your child(ren) that it is okay to get upset sometimes, especially in today's world where there are a lot of sad things happening.
- For this activity, help your child(ren) create their own special place in your home to go to when they feel upset and want to calm down.
- There are several steps to this activity:
 - With your child(ren), pick a spot that will be their quiet/calm spot. This could be a corner of a room, a closet, porch, small play tent, or other spot.
 - Make it comfortable with blankets, pillows, a beanbag chair, cushions, etc. so your child has a comfortable place to sit or stretch out.
 - Consider the lighting; add a small lamp, a nightlight, or mini light string to maintain a mood of calmness.
 - Have your child(ren) select several small objects to place in their space, such as stuffed animals, hand-sized fidgets, photographs, artwork, etc. These objects can help them when they spend time in this special place.
 - Help your child(ren) come up with a short, catchy name for their space to feel a sense of ownership. Help them make a sign if they'd like.
 - Have a conversation with your child(ren) about how they can use their space. If they are feeling upset, angry, sad, this is a place they can go to to have some alone time to relax and collect their thoughts and feelings.



GETTING TO KNOW YOU

DURATION 15-20 MINUTES



MATERIALS/SETUP

- Paper and pencil/pen



THE ACTIVITY

- Sit with your child(ren) and talk about why it is important to learn about our friends and family. When we ask questions about other people, it is a way of showing them that we care about them. Plus, it can help us learn new and interesting things about others.
- Brainstorm with your child(ren) to come up with ideas for questions they could ask a friend or family member to learn more about them. As you come up with questions, write them down. Examples might be:
 - What's your favorite color?
 - What's your favorite food/ice cream flavor/fruit/drink?
 - Do you have any brothers or sisters? How old are they?
 - Do you have any pets? What kind? What are their names?
 - What's your favorite game to play?
 - What's your favorite book or movie?
- Next, with your child(ren) or ahead of time, make a list of friends and family that your child(ren) could connect with via phone, Facetime, Zoom, or another mode of safe communication to ask their questions.
- Arrange for times for your child(ren) to call several people on the list and ask one of the questions they came up with to learn more about them. (TIP: Prior to a call rehearse with your child(ren) so they can practice asking a question and careful listening.)
- After a call, invite your child(ren) to share what they learned and to make connections to their own interests or to those of others with whom they've connected



KINDNESS DETECTIVES

DURATION 15-20 MINUTES (2 PAGES)



MATERIALS/SETUP

- Empty jar or container, transparent is best
- Small objects, such as pennies, marbles, buttons, beads, dried beans
- Printed Kindness Discovery Magnifying Glass worksheet or plain paper
- Coloring utensils, such as markers, colored pencils, or crayons

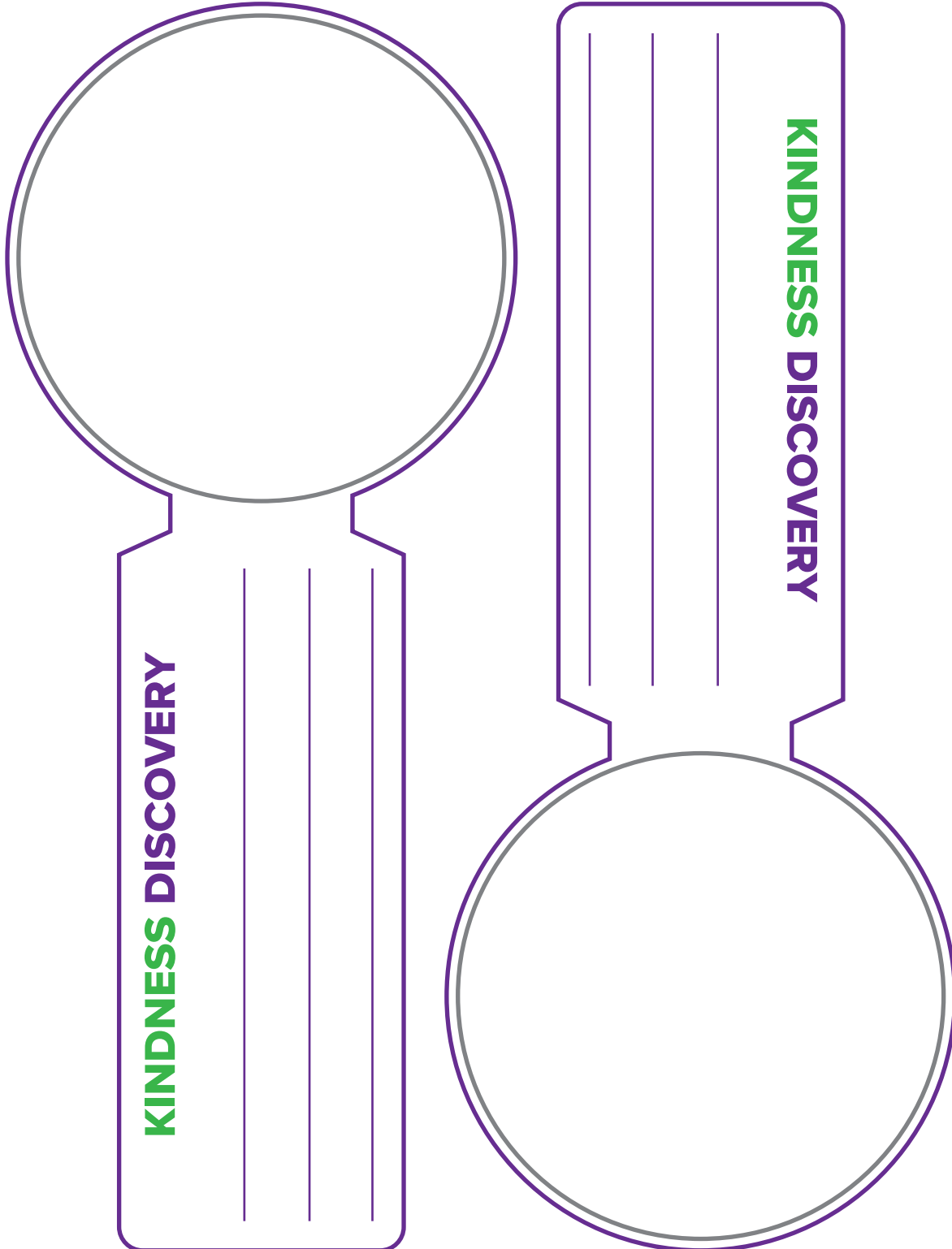


THE ACTIVITY

- *This activity is best started in the morning, perhaps over breakfast, so your child(ren) has the entire day to complete it.*
 - Begin by having a conversation with your child(ren) about kindness. Ask them, What does the word kindness mean? Why is kindness important?
 - Tell your child(ren) that today they are going to be Kindness Detectives. Their job is to notice when someone is being kind to another person. They can notice kind acts done by their family members, neighbors, and book, TV, or movie characters.
 - Place an empty jar or container someplace that your child(ren) can reach. Next to the jar place a pile of small objects.
 - Explain to your child(ren) every time they see an act of kindness during the day, they can put one of the small objects into the empty jar.
- *At the end of the day, perhaps before dinner*
 - With your child(ren)'s help, empty the jar and count the number of objects they put in to represent the acts of kindness they saw.
 - Then, provide them with a copy of the Kindness Discovery Magnifying Glass coloring sheet or plan paper and coloring utensils.
 - Have your child(ren) choose one of the acts of kindness they saw and make a drawing to illustrate it.
 - Before they get started, ask your child(ren) why they chose that kindness and if it's a kindness they can do for others, too.
 - Display your child(ren)'s drawing(s) in a visible spot in your house.



KINDNESS DETECTIVES MAGNIFYING GLASS



KINDNESS CORNER

DURATION 15-20 MINUTES



MATERIALS/SETUP

- Optional : space in your home to transform into a Kindness Corner



THE ACTIVITY

- If your child(ren) is familiar with a Magical Bridge playground in your community, you can begin this activity by asking them what they know about the Kindness Corner at Magical Bridge. If your child(ren) is not familiar with a Magical Bridge playground you, begin by telling them that you are going to create a kindness corner.
- Explain that a kindness corner will be a special place in your home to promote kindness for your family and for friends who come visit.
- Be as creative as you'd like with this activity. A few things to think about:
 - A kindness corner can be inside or outside, or you can have both.
 - You can use an existing structure or build something from scratch. Built-in bookshelves, a foyer/mudroom, treehouse, and play structure outside, all work well.
 - Place/hang artifacts, such as kindness words, pictures or artwork, questions or sayings, etc. around your kindness corner to symbolize what it means to be kind to others every day.
 - Once your corner is completed, snap a photo and share it on social media. Be sure to tag Magical Bridge! @magicalbridge



MORE THAN WHAT YOU SEE

DURATION 15-20 MINUTES



MATERIALS/SETUP

- Hand mirror
- Backpack, pillowcase, or cloth/reusable bag



THE ACTIVITY

- Begin this activity by asking your child(ren) to look at themselves in the mirror and describe what they notice about the way they look. Give your child(ren) time to respond; they may mention features such as hair or eye color, clothes they are wearing, how tall they are, etc.
- Explain that these are all examples of visible features. Visible features are things we can see by looking at someone. Sometimes we share similar features with someone; sometimes our features are different. If you have more than one child, have them compare their visible features with each other.
- Now explain that we also have invisible features, those things that make us unique and special that you can not see from the outside. Invisible features are things such as foods they like, favorite sports, books they like, a favorite toy or stuffed animal, etc.
- Give your child(ren) a backpack, pillowcase or bag. Tell them that they are going to have 15 minutes to go around the house, find objects that represent their invisible features, and put them in their bag. (TIP: It's always fun when grown-ups join in!)
- After 15 minutes, find a quiet space to sit with your child(ren) and have them share what they put in their bag(s). If you have multiple child(ren), you can have them compare and contrast.
- Wrap up the activity by talking about how everyone has similarities and differences. Some we can see, which are called visible, and some we can't see, which are called invisible. It is fun to learn about people's different features. Even if someone has many differences from you, it's important to be kind to everyone.



WHAT I LIKE COLLAGES

DURATION 15-20 MINUTES



MATERIALS/SETUP

- Poster paper or lightweight cardboard, such as from a cereal box
- Old magazines, duplicate photos, old calendars, catalogs, etc. you can cut up
- Scissors
- Glue sticks
- Stickers
- Drawing implements, such as markers, crayons, and colored pencils



THE ACTIVITY

- Tell your child(ren) that they will be creating a collage of things that they like. Explain that a collage is a piece of art made of other pictures.
- Take a few minutes to talk to your child(ren) about different things they like and might want to include in their collages. These could be places they like to go, playground activities, objects, foods, animals, TV or movie characters, books, sports, games, etc. Encourage them to think of things that make them feel special and unique.
- Using materials that you have available, such as old magazines or catalogs, help your child(ren) find images to include in their collage; have your child(ren) practice using scissors or cut out images yourself.
- If you have them on hand, stickers, images you download and print, and their own drawings are also fun to use.
- After gathering images, give your child(ren) a piece of poster paper or lightweight cardboard, glue sticks, and drawing supplies. Then give them time to glue pictures, make small drawings, and add stickers to complete their artwork. If needed, help them add words.
- Find a fun place to display the completed collage(s) around your home. You can also take a picture to share with family and friends through email or social media.
- Wrap up by talking with your child(ren) about the fact that sometimes friends or siblings may not want to do the same activities, but that's okay. We can work together to find activities both like to do.



WHAT IS KIND?

DURATION 15-20 MINUTES (2 PAGES)



MATERIALS/SETUP

- KIND acrostic poem worksheet (template included) or plain paper
- Coloring implements, such as markers, colored pencils, or crayons



THE ACTIVITY

- Begin the activity by finding a quiet place in your home to sit with your child(ren). Tell them that you are going to talk about what it means to be kind.
 - Ask, “What does it mean to be kind?”
 - Ask, “What are some other words that mean the same thing as kind?”
- Print out the KIND acrostic poem worksheet or create your own by writing K-I-N-D (or another word) vertically down the left margin of a piece of paper.
- Work with your child(ren) to come up with words or phrases to complete the acrostic, such as nice, sharing, good, friendly, loving, generous, thoughtful, including everyone, do nice things, help someone out, give a hug, kids playing together, doing fun things together
- After the writing is complete, provide your child(ren) with coloring utensils to create some drawings on the page.
- Find a special place in your house to hang your poem as a reminder of ways everyone in your household can be kind everyday.

WHAT IS KIND?

BY _____

K _____

I _____

N _____

D _____

I LIKE MYSELF

DURATION 15-20 MINUTES



MATERIALS/SETUP

- Mini book template (provided) printed/copied on 8.5" x 11" paper or use a blank piece of paper and fold in fours to make a booklet; drawing supplies



THE ACTIVITY

- Prior to the activity, print and fold mini book templates (one for each person).
 - Hold the paper in a portrait orientation and fold it in half horizontally along the dotted line.
 - Then, fold the paper in half vertically along the dotted line to create a 4-page mini book.
- Explain that taking care of ourselves is important for feeling good about who we are.
 - Ask everyone to share ideas of things they do to take care of themselves, such as brushing teeth, eating healthy foods, sleeping, and playing.
 - Then, ask them to share one thing they like about themselves, such as "I like that I am good at soccer," "I like that I can sing," "I like that I am tall."
- Explain that they are going to make a mini book about some of the things they like about themselves.
- Hand out blank mini books and drawing supplies.
 - Cover (I LIKE ME!): Draw a self portrait.
 - Page 1 ("I like to"): Draw a picture of an activity you like to do.
 - Page 2 ("I know how to"): Draw a picture of something you know how to do all by yourself.
 - Back cover ("I take care of myself by): Draw a picture to show something you do to take care of yourself.
- Invite them to share their books with family.

I Know How To

I Like To

I Take Care of Myself By

I LIKE ME!

BY
