



# KINDNESS KIT

## @ HOME

Hands-On Activities for  
Children Learning about  
Kindness and Inclusion

---

**GRADES 1 - 2**

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](https://magicalbridge.org/kindnesskits)



**MAGICAL BRIDGE**<sup>®</sup>  
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](mailto:kindnesskits@magicalbridge.org) — and please tag [@magicalbridge](https://www.instagram.com/magicalbridge) on social media to share your experience!



# WHAT'S INSIDE?

## TABLE OF CONTENTS FOR GRADE 1 - 2

<b>SUBJECT</b>	<b>PAGE</b>
Recommended Books	4
Recommended Videos	5
Drawing Emotions	6
Fact Soup	7
Favorite Activities Charades	8
Feelings and Stories	9 - 10
Hearts in my Windows	11 - 12
Our Words Count	13
Paper Plate Kindness	14
Rules for Safety and Fun	15 - 16



## MAGICAL BRIDGE KINDNESS KITS

[Download](https://magicalbridge.org/kindnesskits) at [magicalbridge.org/kindnesskits](https://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 1-2

Title of Book	Author	Discussion Questions	Corresponding URL
<i>Enemy Pie</i>	Derek Munson	<p>Why do you think the title of this book is Enemy Pie?</p> <p>What happens at the end of the book when the two boys eat the pie together?</p> <p>What does this story teach us about friendship?</p>	<a href="https://www.youtube.com/watch?v=FTM8C-ccl1xs">https://www.youtube.com/watch?v=FTM8C-ccl1xs</a>
<i>Kindness Counts: A Story for Teaching Random Acts of Kindness</i>	Bryan Smith	<p>What happened at the sundae shop in the beginning of the story?</p> <p>What is a random act of kindness?</p> <p>What random acts of kindness did Cade and Sofia do in the story?</p>	<a href="https://www.youtube.com/watch?v=E_-QFAfKZ3s">https://www.youtube.com/watch?v=E_-QFAfKZ3s</a>
<i>Giraffes Can't Dance</i>	Giles Andreae	<p>Who is Gerald, what makes Gerald special?</p> <p>How did Gerald feel when the other animals made fun of him?</p> <p>How did the cricket help Gerald in the story?</p>	<a href="https://www.youtube.com/watch?v=o0w-weS8P-tY">https://www.youtube.com/watch?v=o0w-weS8P-tY</a>
<i>What I Like About Me</i>	Allia Nobel Zolan	<p>Why is this book titled "What I Like About Me"?</p> <p>How are the kids in the story different from one another?</p> <p>What do you like about yourself?</p>	<a href="https://www.youtube.com/watch?v=SOD5M-bRKTPg">https://www.youtube.com/watch?v=SOD5M-bRKTPg</a>



**RECOMMENDED VIDEOS** Grades 1-2

Title of Video	Producer	Discussion Questions	Corresponding URL
<i>Think about What Others Need</i>  (from DANIEL TIGER'S NEIGHBORHOOD)	PBS Kids	<p>What is something that you need to be happy?</p> <p>Why should we think about what other people need?</p> <p>How can you make sure other people in your house have what they need?</p>	<a href="https://www.youtube.com/watch?v=s3w68zY8m-U">https://www.youtube.com/watch?v=s3w68zY8m-U</a>
<i>Kindness for Kids</i>	Local Love Magazine	<p>What does the word kindness mean?</p> <p>How can you be kind to another person?</p> <p>Why is it important that we show kindness to people everyday?</p>	<a href="https://www.youtube.com/watch?time_continue=52&amp;v=VApeQZWZVQw">https://www.youtube.com/watch?time_continue=52&amp;v=VApeQZWZVQw</a>
<i>Controlling Emotions</i>	Math & Learning Videos 4 Kids	<p>What are emotions?</p> <p>Why did Mr. Box have strong emotions in this video?</p> <p>How can you control your emotion when you are feeling strong emotions?</p>	<a href="https://youtu.be/iGET9fNNikw">https://youtu.be/iGET9fNNikw</a>
<i>Will.I.Am Sings What I am</i>	Sesame Street	<p>What are some things that Will sings about in this video about what makes him special?</p> <p>What are three words that you could use to describe how you are special?</p> <p>Why should we celebrate what makes us different and special?</p>	<a href="https://www.youtube.com/watch?v=cyVzjoj96vs">https://www.youtube.com/watch?v=cyVzjoj96vs</a>
<i>Respecting the Differences between People</i>	TedX Talks	<p>What does Mariana talk about in this video?</p> <p>What are your abilities and weaknesses?</p> <p>Why should we be kind to everyone no matter how we are different?</p>	<a href="https://www.youtube.com/watch?v=_qtpmi4yzSs">https://www.youtube.com/watch?v=_qtpmi4yzSs</a>



# DRAWING EMOTIONS

DURATION 15-20 MINUTES



## MATERIALS/SETUP

- Paper and pencil/pen
- Art paper
- Art supplies, such as markers, colored pencils, crayons



## THE ACTIVITY

- Begin this activity by finding a quiet and comfortable place to sit with your child(ren). Ask them if they have ever heard the word “empathy” before. Then, explain that empathy is the ability to understand and feel what someone else is feeling. SOMETimes people describe empathy as “walking in someone else’s shoes.”
- Next, ask your child(ren) to think and share a list of emotions, such as joy, sadness, anger, disgust, fear, pride, surprise, nervousness, guilt, excitement, etc. As you talk about emotions, make a list on a piece of paper.
- After the list is complete, tell your child(ren) that they are going to pick an emotion from the brainstormed list and make a drawing to illustrate the feeling.
- Give your child(ren) paper and coloring utensils, have them select one emotion, and give them time to draw. Encourage them to think about the colors and shapes they can use to help represent their emotion(s).
- After your child(ren) are done drawing, have a discussion using the following prompts:
  - Tell me a story about a time when you felt the emotion you just drew.
  - Why is it important to think about our emotions?
  - Does everyone have the same emotions?



# FACT SOUP

DURATION 15-20 MINUTES



## MATERIALS/SETUP

- Index cards or paper cut into slips
- Drawing implements
- A cooking pot



## THE ACTIVITY

- Begin this activity in the kitchen with your child(ren). Take out a cooking pot and put it on the counter. Next, take out some spices and put them out on the counter too.
- Hold up the pot and explain that when you make a tasty soup, you add many different ingredients to the broth, such as different spices or vegetables. To make a supportive community, you add many different types of people and interests. Today, you're going to make a "fact soup" to help people learn about you.
- Provide index cards or paper slips and drawing supplies and ask your child(ren) to write and/or draw one special fact about themselves to add to your soup pot.
  - They might write/draw about food, games, animals, physical features, or activities they enjoy. They might also write about challenges or things they are learning to do, places they like to visit, or goals or dreams they have.
- Have them fill out as many index cards as they would like, fold the cards/slips in half and put it in the pot.
- During dinner, pass the pot around the table. Ask each person at the table to take out a card/slip and read it or describe the drawing aloud.
- Encourage everyone to share connections, such as both enjoying the same activity or sharing a love for a game or sport.
- Once the pot is empty, reinforce that learning about others helps make our family/household stronger and a special place for everyone.
- Encourage your child(ren) to think about other people in their lives who they could reach out to to collect more facts for their fact soup, such as faraway relatives, friends, and others.



# FAVORITE ACTIVITIES CHARADES

DURATION 15-20 MINUTES



## MATERIALS/SETUP

- Open space



## THE ACTIVITY

- For this activity, find a comfortable place in your home with space to move around. The more people who play the better, so invite as many people as you are able.
- Begin the activity by explaining that sharing about ourselves and learning about others is an important way to build a welcoming community for everybody.
- Ask your child(ren) if they are familiar with the game of charades. Explain that for this version of the game, they will silently act out an activity that they like to do.
- Select who will act out first by whose birthday is coming up next. The actor will think about something they like to do and act it out silently as the other players try to guess.
- Continue playing for as long as you would like.
- After the game, you can continue the learning by having a discussion using the following prompts:
  - What's one interesting new fact or difference you learned about someone else today?
  - Is there a new activity you'd like to try?
  - Why is it important to learn about other people and what they like to do?





# FEELINGS AND STORIES

DURATION 15-20 MINUTES (2 PAGES)



## MATERIALS/SETUP

- Open space
- Print and cut out emoji feeling cards (included) or draw your own



## THE ACTIVITY

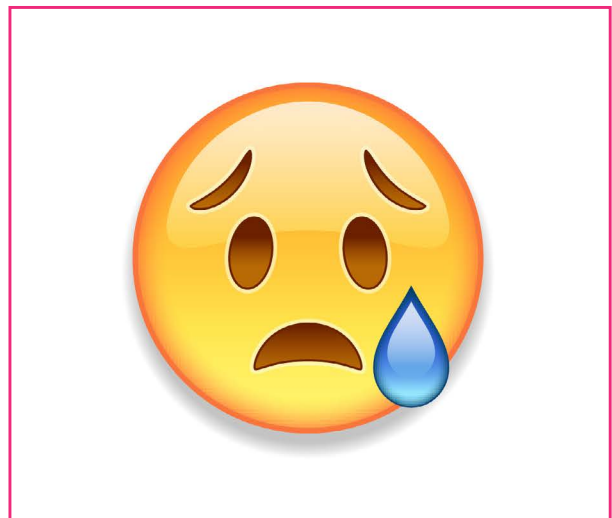
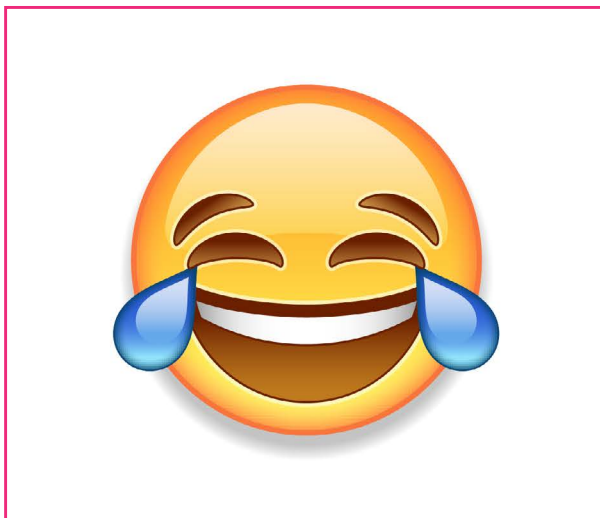
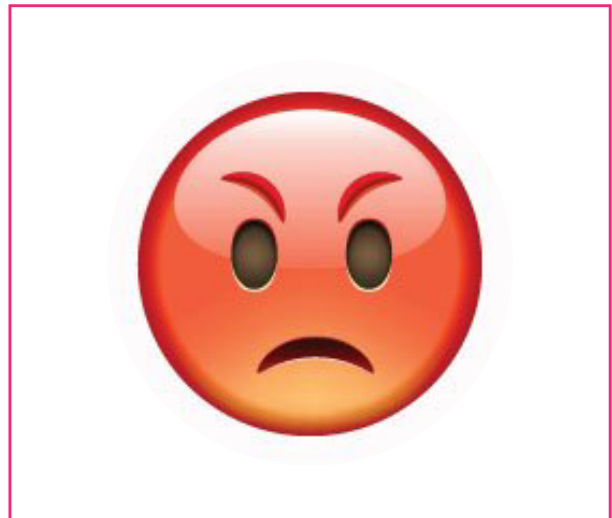
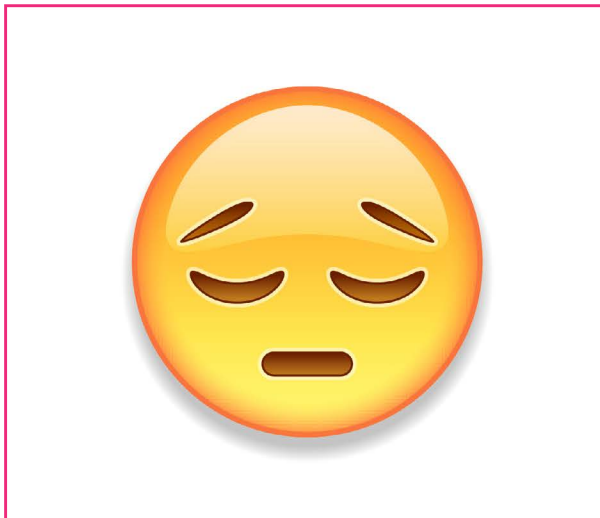
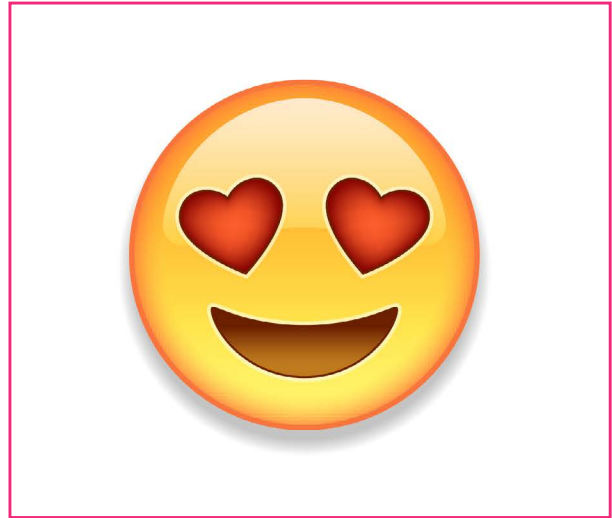
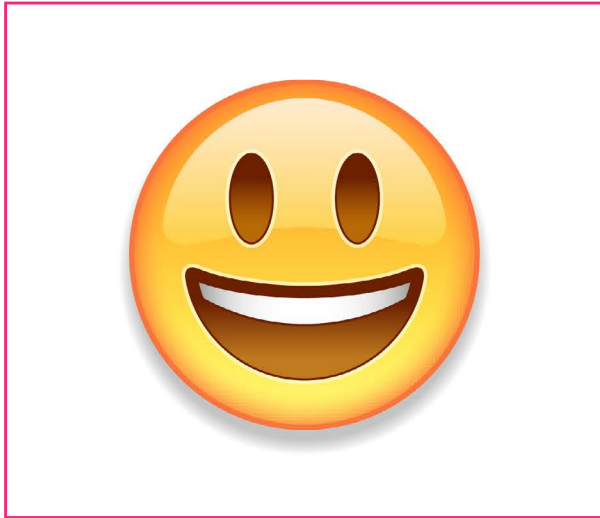
- Prior to this activity, print out the feelings emojis cards and cut them out. If you don't have access to a printer you can simply make your own emoji cards on paper or index cards.
- When you're ready to begin, find an open space in your home where your child(ren) have room to move around.
- Explain to your child(ren) that when things happen to us in our lives, we may feel lots of different emotions. Sometimes it can be hard to name or think about how we are feeling when things in our world are changing quickly.
- Set out the emoji cards in a large circle and instruct the child(ren) to stand in the middle of it. Tell them that you are going to read a scenario and they are going to move to stand on the emoji card that represents how they might feel if they were in that situation.
- If the scenarios listed are not relevant to your child(ren)'s experiences, write down some of your own ideas.

### Scenarios:

- You receive a special gift or surprise.
- You can't do something that you would like to do.
- You have to do something differently than the way you normally would.
- Someone takes a toy that you were planning to play with.
- You get to have your favorite food for dinner.
- Someone says something mean to another person.
- A friend offers to help you with a project.
- Someone you care about is sick.
- Your friend made a funny joke.
- It's your birthday or another special day or holiday you enjoy.
- You are spending time with people who make you feel safe and loved.
- You are trying to learn something new and it is hard.
- *Make up some of your own...happy, fun, silly...*



EMOJI FEELING CARDS





# HEARTS IN MY WINDOWS

DURATION 15-20 MINUTES (2 PAGES)



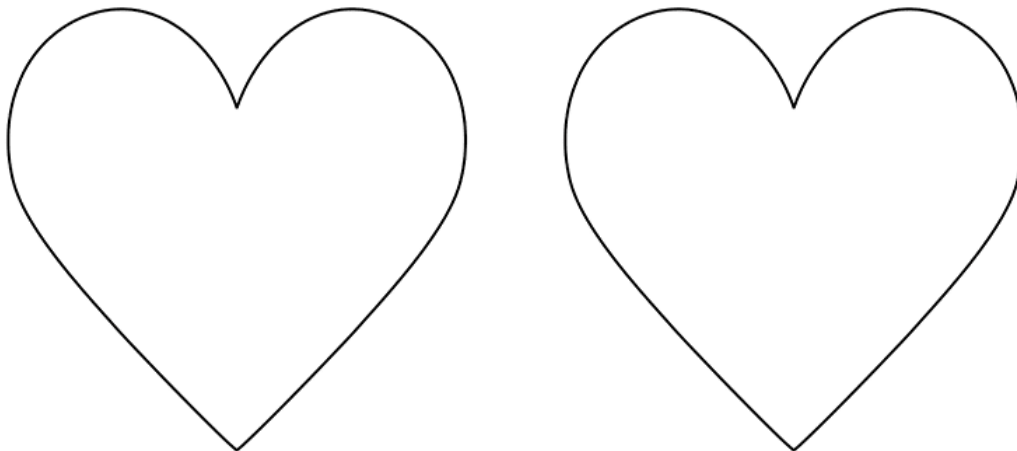
## MATERIALS/SETUP

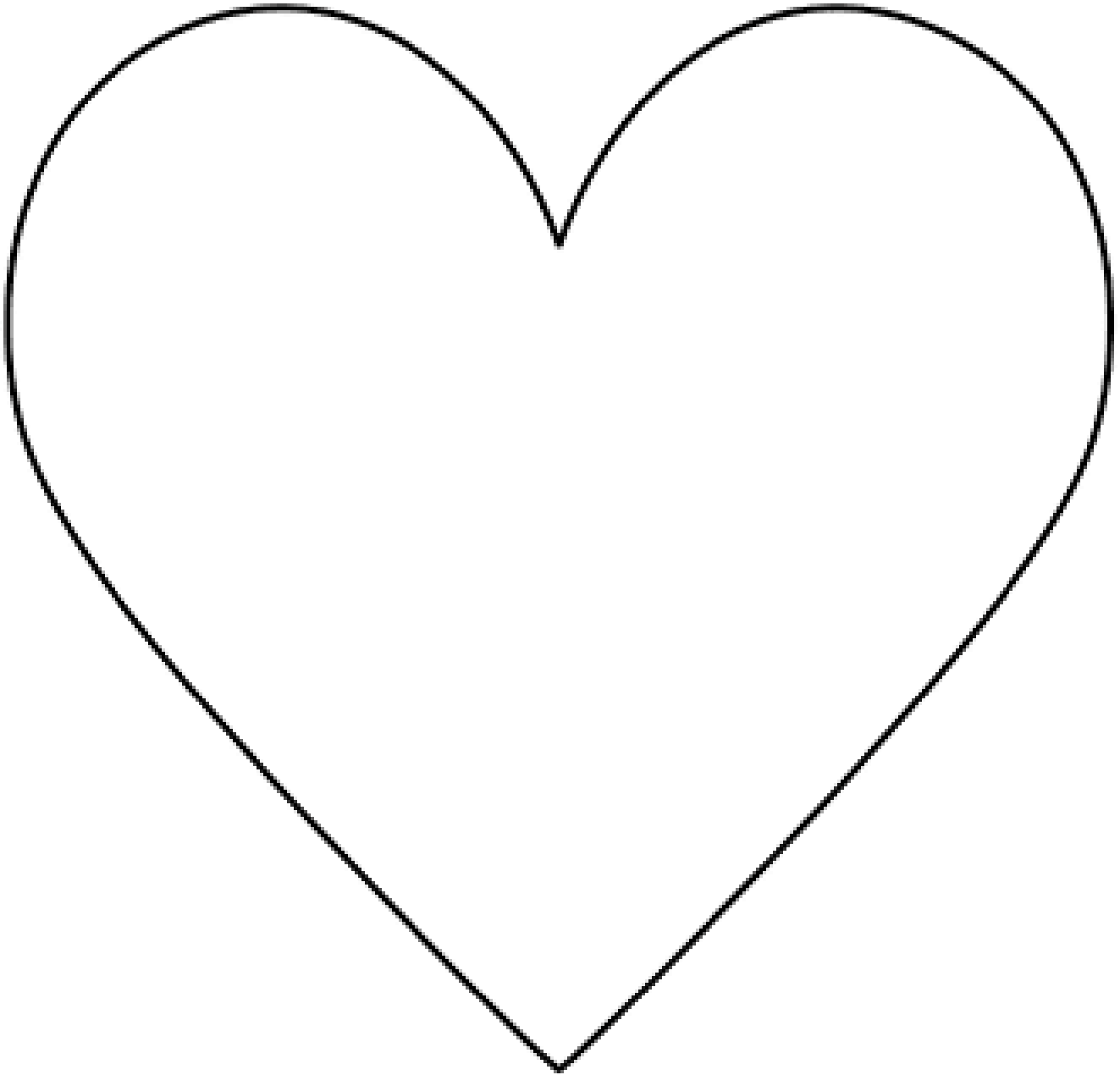
- Print heart templates (two sizes included) or draw large hearts on construction or plain paper
- Scissors
- Coloring utensils
- Masking tape
- Envelopes and postage (optional)



## THE ACTIVITY

- Begin this activity by talking with your child(ren) about the importance of kindness. You may start the conversation by saying something like, “Kindness is really important. There are lots of things in our world that could be better if everyone just showed a little more kindness. What are some examples of kindness that you can think of?”
- Next, instruct your child(ren) that there are little things they can do to inspire kindness in their community.
- Instruct the child(ren) to cut out as many hearts as they would like. Ask them to color their hearts, write kind/supportive words, and/or make drawings. When the hearts are decorated, help your child(ren) tape them to your front door, mailbox, windows, or other places where people passing by might see them.
- Provide time for the child(ren) to complete the activity and hang up the hearts.
- Use the hearts as a reminder about the importance of spreading kindness and love to make our world a better place.
- If you’d like, help your child make special hearts to mail to friends or family members who are far away.







# OUR WORDS COUNT

DURATION 15-20 MINUTES



## MATERIALS/SETUP

- Paper and pencil/pen
- Coloring utensils
- Paper slips or index cards
- Masking tape



## THE ACTIVITY

- Begin the activity by explaining to your child(ren) that our words affect the way other people feel. When we are kind, we make our community a safe and fun place for everyone to learn and play.
- Ask child(ren) to share a time that they said or did something to show kindness.
- Tell your child(ren) that today you are going to work together to make a list of kind words and phrases to post in your home to remind everyone of the importance of saying kind things every day.
- Brainstorm a list of kind words/phrases with your child(ren). As you come up with ideas, write them down on a piece of paper.
- Next, write each word/phrase on its own card or slip. If possible, have your child(ren) write some, too.
- Then, have your child(ren) illustrate each slip/card.
- After they are done, provide your child(ren) with masking tape so they can go around your home and tape up their kindness counts cards. You may even encourage them to put them in your windows so neighbors can also see them and be reminded.



# PAPER PLATE KINDNESS

DURATION 15-20 MINUTES



## MATERIALS/SETUP

- Coloring utensils
- Paper plates



## THE ACTIVITY

- Provide your child(ren) with paper plates. With your support, using a marker or other coloring utensil, divide the paper plate into fourths.
- Ask your child(ren) to think of four places that they want to go to, such as school, grandma's house, a community park, the YMCA, a grocery store, a neighbors' house, etc.
- As they share, ask them to write down one place in each of the four quadrants of the paper plate; help with writing if needed.
- Next, have your child(ren) think of one way they can show kindness at each place. Ask them to think about what actions they can take in each place to make it a kinder experience for everyone who is there. They can draw pictures and/or write words to express their ideas on the paper plate in the appropriate section.
- Place the paper plate somewhere visible in your home for quick reference. As you go to new places or return to places your child(dren) haven't been to recently, they can create more paper plates for kindness to consider thinking about ways they can show kindness.



# RULES FOR SAFETY & FUN

DURATION 15-20 MINUTES (2 PAGES)



## MATERIALS/SETUP

- Sticky notes (or use template)
- Markers
- Chart paper (optional) or use SAFE/FUN template included.



## THE ACTIVITY

- Begin this activity by finding a quiet place to sit with your child(ren). Engage them in a conversation by asking, *Why are rules important?*
- Then ask, *What are some rules you can think of that keep people's bodies safe? What are some rules you can think of that keep people's emotions safe?*
- On a blank wall space, post a piece of chart paper on which you've made two columns. Label one column "Safety" and the other one "Fun." If you do not have chart paper, use sticky notes to create column labels on the wall, or alternatively, print the SAFE/FUN template and write the answers.
- Provide your child(ren) with sticky notes and coloring utensils. Ask them to write or draw a rule on each note. Make sure there are notes in each column. For example, a "safety" rule that keeps bodies safe is a speed limit while driving, and a "fun" rule that makes sure people's emotions/feelings are safe is no teasing. Child(ren) can write words, symbols, or pictures to represent their thoughts.
- Find a special place in your home to display your chart as a reminder of rules we should all try to follow. Invite your child(ren) to add to it over time.

**RULES FOR SAFETY AND FUN**

SAFE

FUN