

## What Does it Mean to be Kind?

by Rana DiOrio and Illustrated by Stéphane Jorisch

### Themes

Kindness  
Celebrating Differences  
Encourage Others  
Anti-Bullying  
Compassionate  
Empathy



Who has the courage to be kind to a new student in class? One little girl with a red hat does. This story defines kindness by showing fun examples of what kindness is NOT and then gives great, practical ideas for ways to show kindness. Compassion, empathy for others, and little acts of kindness can make a big difference at your school.

#### Key Vocabulary

**Category** – a group of common things, a set of the same type

**Compliment** – to give praise or approval or like or congratulations

**Struggling** – having a hard time, trying very hard

**Courage** – to face fear, to not let fear stop you

**Harmonious** – to all feel the same way, to get along with everyone

#### Tricky Phrasing

**Being Patient** – to stay calm. to be able to give another person time without getting upset

**Less Fortunate** – someone that might not have the things you have (food, home, health)

### Before Reading:

1. What does it mean to be kind? *Answers will vary.*
2. Brainstorm a list of words that mean kind. *Nice, friendly...*

### After Reading:

1. What were some examples of kindness in the story? *Answers will vary. Smiling at new student, giving someone a compliment, holding the door open for someone else.*
2. Which act of kindness have you personally experienced? *Answers will vary.*
3. How do you feel when someone does something kind to you? *Answers will vary. Happy, Better, Encouraged, Friendly, Part of a group, etc.*
4. How do you feel when you make someone else feel good because you did something kind? *Answers will vary. Proud, Happy, warm inside, etc.*
5. The author wrote: Being kind means having the courage to treat others the way you like to be treated. How do you want to be treated? Why does it take courage? *Answers will vary.*

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 PRINTABLE:

*Trace & Draw*

## Writing Prompts:

**I am kind when I \_\_\_\_\_.**

Student completes sentence and draws a picture.

**Journal Writing:** Being kind means . . .

Students finish the sentence or write a paragraph that summarizes what they learned about kindness

## Creative Writing

“We are Kind” Class Book

Compile examples of acts of kindness in your classroom and make a class book. When kids are unkind in your class, give them time to read the book and think about how their actions could be kinder next time. It will be a nice reminder for those who need to learn a little more about kindness. Have each student create one page for the book.



 PRINTABLE:

*Class Book*

## Activities:

**School Posters:** Treat others the way you like to be treated. Have students create picture posters for your school hallways showing examples of ways they want to be treated.

**Be Kind Today:** Start a kindness whisper when your kids are lined up to go out to recess. Whisper in the first child's ear...be KIND today and tell them to pass it on. Once the whisper gets to the back of the line – send them to recess.

## Home Connection:

Keep a list of acts of kindness you see your child doing. When they get 10 – surprise them with an act of kindness!



 PRINTABLE:

*Super Acts of Kindness*

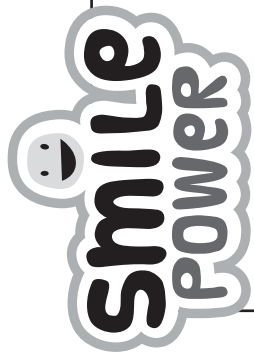
**Resources**

***I've Got Smile Power Buttons***

.....

SMILE POWER buttons are a great reward when students are kind and welcoming of others!  
Visit [www.ShopNED.com](http://www.ShopNED.com) to purchase.





Trace letters, complete sentence and draw.

Name \_\_\_\_\_

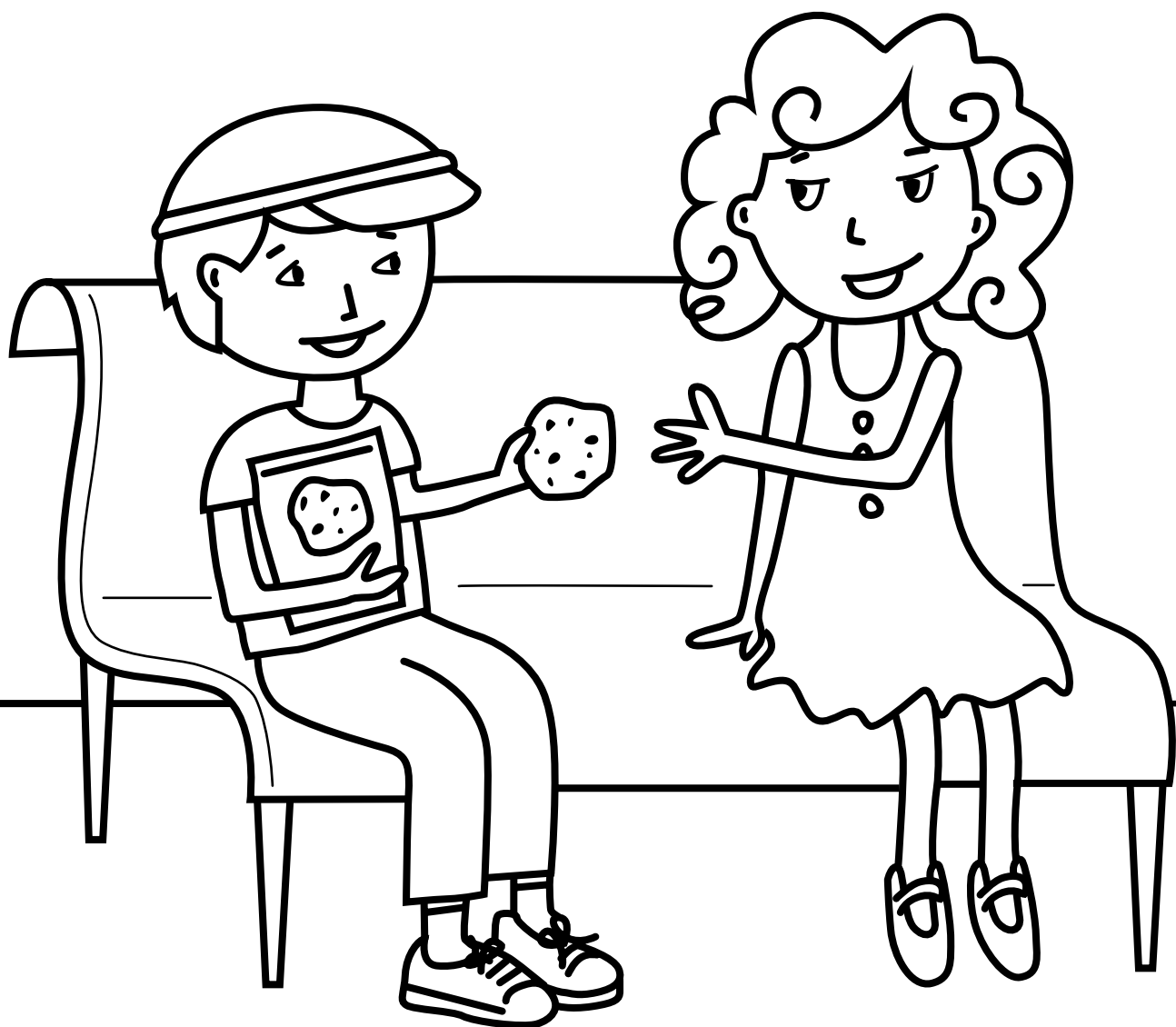
I am kind when I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# We are Kind



Written by \_\_\_\_\_



Name \_\_\_\_\_

\_\_\_\_\_ was kind to me when

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# 's Super Acts of Kindness

Name \_\_\_\_\_

