

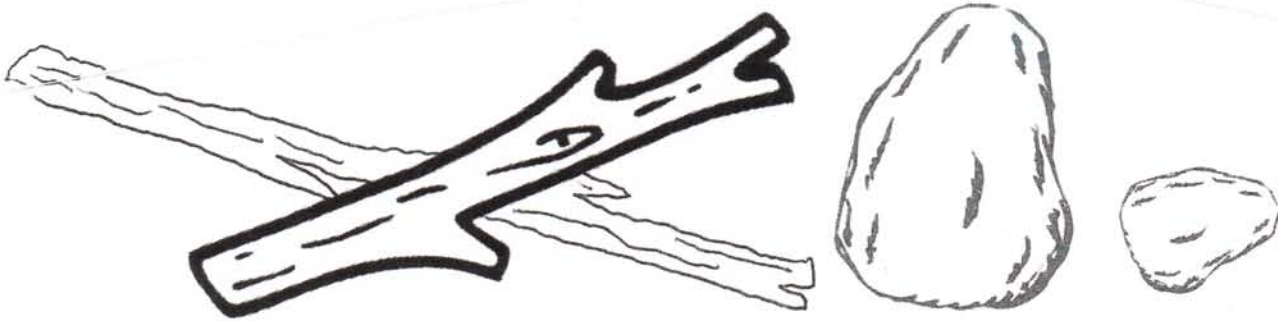
Before you open your mouth to  
make a comment,

REMEMBER...



A tear is made of 1% water and  
99% feelings.





Sticks and stones may  
break my bones,  
~~But~~ And names **WILL**  
~~never~~ harm me!





**Chrysanthemum** is one of my "must have" books to read at the start of school. It goes perfect with learning about NAMES, as well as the importance of WORDS and how they can easily hurt a child's feelings.

Chrysanthemum loves her name, until she starts going to school and the other children make fun of it. *"I'm named after my grandmother," said Victoria. "You're named after a flower."* Chrysanthemum wilted. Life at school didn't improve. In fact, it got worse. Then the students were introduced to their music teacher, Mrs. Twinkle. Mrs. Delphinium Twinkle. And suddenly, Chrysanthemum blossomed.

One of the things I do is pass around Chrysanthemum's heart. Each time someone makes fun of Chrysanthemum, each child takes their turn and crunches up the paper heart, then they gently uncrumple the paper and smooth it out the best they can saying: "I'm sorry Chrysanthemum." I want them to realize that even though they may truly be sorry for something they said, it still does not take the hurt away, just like trying to smooth out a crumpled sheet of paper does not take all of the wrinkles and creases away.



By the time I've finished reading the story, this little paper heart has tears, pieces missing, holes, and is pretty much in a dilapidated almost shredded mess. It's quite shocking to say the least and leaves quite an impression on the students, bringing home the point that words CAN hurt as much as sticks and stones.

I carefully glue Chrysanthemum to a larger sheet of blue construction paper and cut it into a bigger heart to be laminated and hung on the wall. It's a constant reminder throughout the year, to speak kindly to our friends.







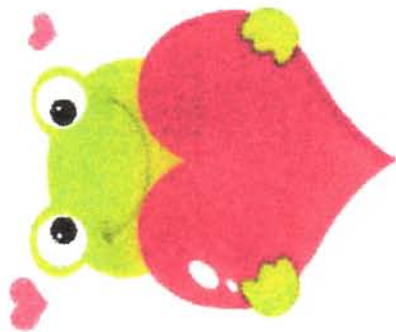
leaps in  
to lend  
a helping  
hand. 



leaps in  
to lend  
a helping  
hand. 



leaps in  
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hand. 



leaps in  
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Caring Kid Detective:  
I'm on the look out for  
random acts of  
kindness.

★ Name: \_\_\_\_\_



Caring Kid Detective:  
I'm on the look out for  
random acts of  
kindness.

★ Name: \_\_\_\_\_





## Kindness Pledge

I promise to try  
to think kind thoughts,  
speak kind words,  
and do kind acts.

I promise to think before I speak,  
and consider if what I say is kind.

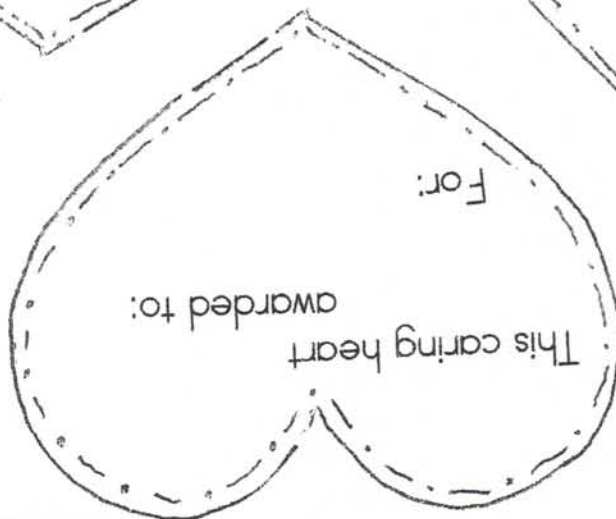
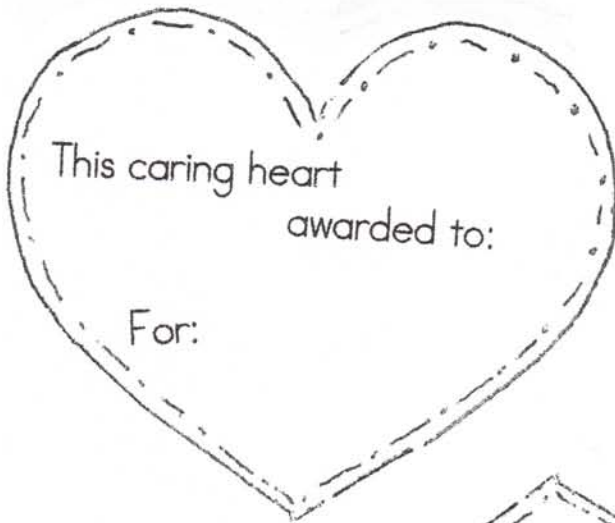
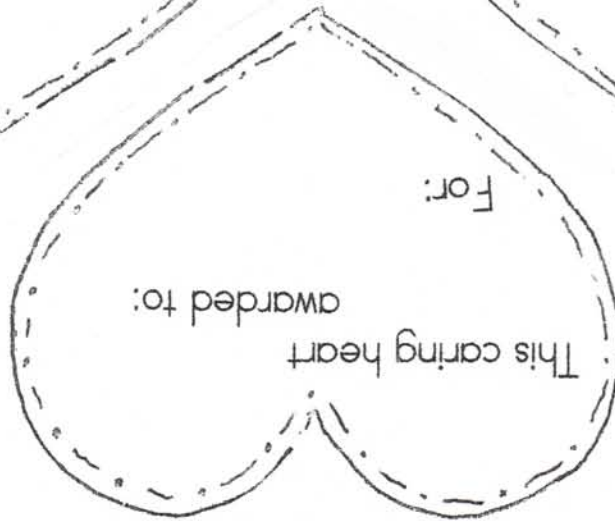
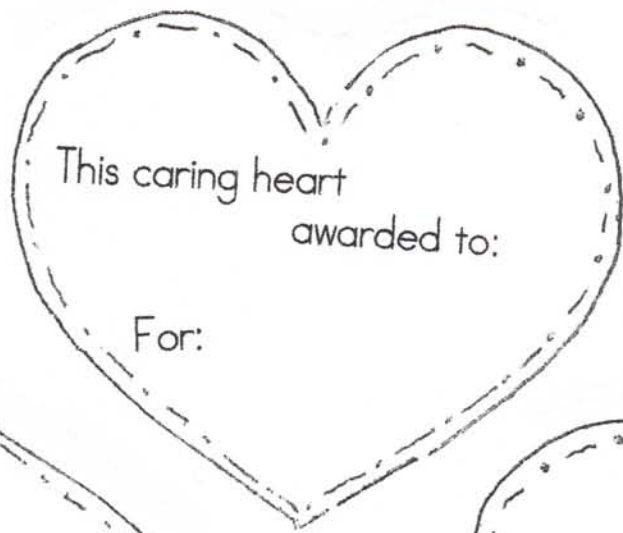
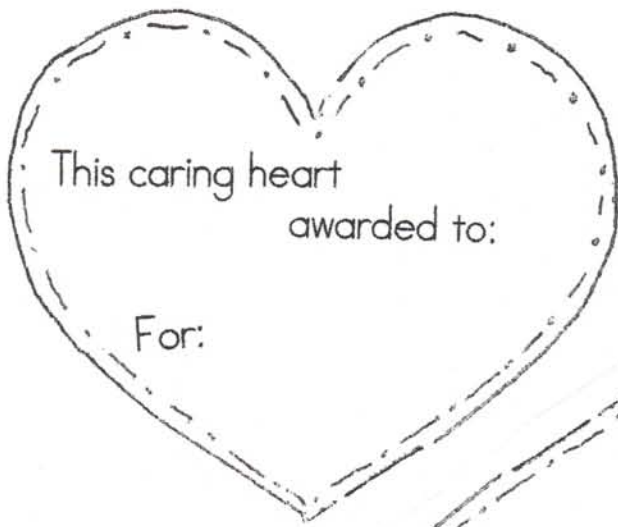
I promise **not** to say unkind words that would hurt  
another's feelings.  
nor do unkind things that would harm another person.

I believe that kind hearts  
create caring communities  
and that's what I want my school to be,  
so I promise to be a caring kid!



Signed:





Print and laminate these very sad photographs of children crying.

Show them to students and ask them to use adjectives (describing words) to describe how they think that the children feel.

Do they use the same words to describe how it feels when someone says something mean to them and hurts their feelings?

Ask them if they would like to make a promise to not say mean or hurtful things to other children, and then have them stand, raise their left hand, put their right hand over their heart and say the kindness pledge.

To make it even more official, have them sign the kindness contract.

Display it in your room.

Finish up with what kinds of things they would consider not being nice. Sadly, some typical things I hear children say are:

*"I'm not going to be your friend anymore."*

*"I don't like you."*

*"You're not my friend."*

*"You can't play with us."*

*"I'm not going to invite you to my party."*

*"I don't like you anymore."*

*"My picture is better than yours."*

*"I don't like your (whatever they are wearing, eating, making.)"*

*"You can't sit/stand by me."*

*"I don't want to hold his/her hand."*

*"I don't want to be their partner."*

*"(S)he's stupid."*

*"That's dumb."*

*"You're dumb."*

*"You're ugly."*

*"Yucky!"*

*"You smell."*

I always turn the tables and ask how they would feel if someone said that to them.

Amazingly some say they would really be hurt, but found nothing wrong with telling another person that when they felt it was "truthful" or in their "best interest".

Some children can be quite narcissistic at this age.

By discussing these things as hurtful no matter what, ahead of time, I believe I curtail a lot of later hard feelings and tears.

#### A few of my favorite kindness quotes to ponder:

*"Kindness is a language, which the deaf can hear and the blind can read."*

-Mark Twain

*"If you keep judging people, you have no time to love them."*

-Mother Teresa

*"We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects."*

-Herman Melville

#### Other Kindness pledges:

We raise our hands to speak.

We work quietly at our seats.

We use voices soft and sweet.

We keep our places tidy and neat.

We are helpful, friendly and fair.

We take turns and are willingly to share.

-unknown



*We never hurt anyone on the inside, and we never hurt anyone on the outside. We help each other. We practice kindergarten kindness. -Unknown*

*Have a positive attitude of gratitude!*

Another cool kindness pledge online as well:

*I pledge to myself on this day.*

*To try and be kind in every way.*

*To every person big and small,*

*I will help them if they fall.*

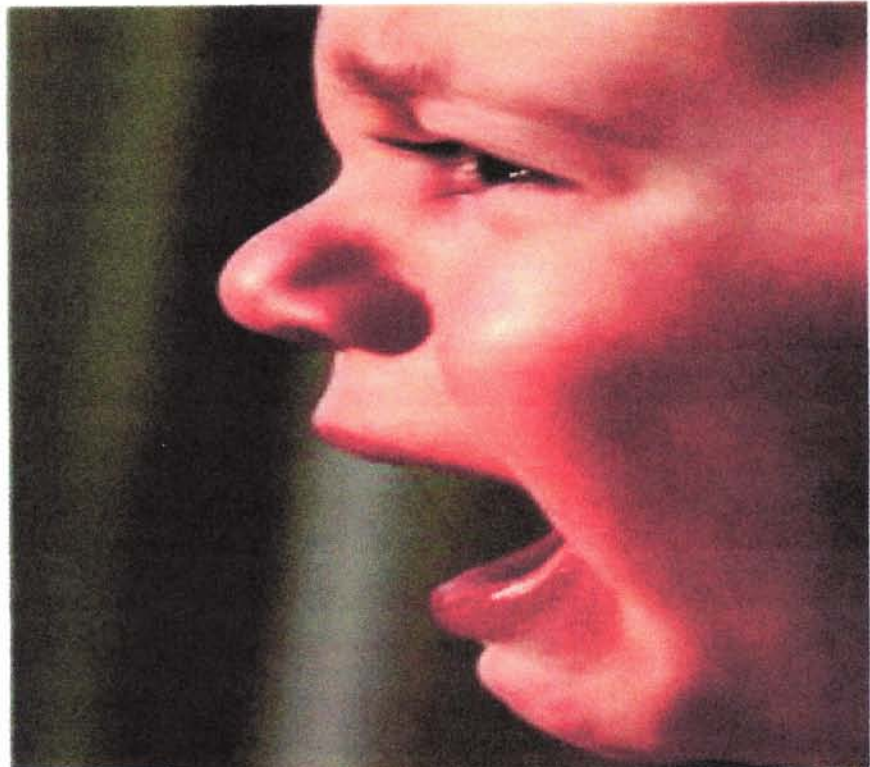
*When I love myself and others, too.*

*That is the best that I can do.*

I found this in the Kindness Curriculum by Judith Rice. She sites Linda Bennett Guidance Counselor Frontier elementary [linda\\_bennett@places.pcsb.org](mailto:linda_bennett@places.pcsb.org) as the source of the poem.









Brainstorm with your students of other words to describe sad. Jot them on the board. Add these to their list and see how many students know these words. As you write them on the board, have students say the word with you and then repeat it. Have them make sad faces as you write each word. Ask them for examples of things that make them sad, or something that someone has done to them, or said to them that made them feel sad.

### Building vocabulary.

Trace the word and then rewrite it.

sad

hurt

unhappy

tearful

gloomy

crying

weeping

down

blue

glum

low

worried

uneasy

bothered

bugged

upset

lonely

troubled

yucky

depressed

disappointed

melancholy

hopeless

miserable

disheartened





My Kindness  
Booklet By

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Clip art by Laura Strickland  
<http://www.mycutegraphics.com/>

TeachWithMe.com



My Kindness  
Booklet By

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TeachWithMe.com



I will start each day, by being kind in every way, like having something nice to say. An example of something polite that I could say would be:

Handwriting practice lines within a cloud shape, consisting of solid top and bottom lines with a dashed middle line.

A rectangular box for drawing or illustration.

2



I will try and be led, by keeping kindness in my head.  
An example of a kind thought would be:

Handwriting practice lines, consisting of solid top and bottom lines with a dashed middle line.

3



I will think of kind things to do, for my  
friends and family too.  
Something caring that I could do, would  
be: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will do my part, to keep kindness in my heart.







Congratulations!

You've been spotted  
being kind  
and are now part of the  
Wild Bunch.

We are  
WILD  
About being kind.



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