



Dear Parents,

Welcome to the wonderful world of cultivating kindness in your child's heart! Teaching children the value of kindness from a young age is a priceless gift that not only shapes their character but also contributes to building a compassionate and empathetic society.

We have created a special worksheet for your child, where they can visually track their acts of kindness and the kindness they receive from others. Each time an act of kindness occurs, encourage your child to color in a heart, fostering a sense of warmth and connection.

Please tag us @stephblore and @raisingchange.uk as the hearts begin to fill up.

Together we can make a positive impact, one colored heart at a time.

Steph & Ang

Katie's Readers

KINDNESS JAR



Colour in one heart
inside the jar every
time someone shows
you kindness.

KINDNESS
INSIDE AND OUT

raisingchange.co.uk/katiesreaders

Colour in one heart outside the jar
every time you show someone kindness.





Acts of kindness from our book: "IT'S COOL TO BE KIND"

- ♡ If someone looks sad, give them a smile.
- ♡ Say please and thank you.
- ♡ Say "bless you" if you hear somebody sneeze.
- ♡ Feed the birds.
- ♡ Help someone out who is struggling.
- ♡ Make your bed before being asked.
- ♡ Invite a sibling, friend, or someone lonely to play.
- ♡ Set or clear the table at dinner time.
- ♡ Put your toys away.
- ♡ Be quiet when someone is resting.
- ♡ Bring your grown-up's slippers to them.
- ♡ Help pair all the socks on laundry day.
- ♡ Put your crayons back in their box.
- ♡ Hold open the door for someone.
- ♡ Pick up litter when you see it on the ground.
- ♡ Walk to the shops instead of going in the car.
- ♡ Take some time to read a book in a quiet corner.
- ♡ Add your own!