

k i n d

C L U B

Part 1

Be Kind to Yourself



# THE FIRST RULE OF KINDNESS IS TO BE KIND TO YOURSELF

@hopelearningtoys

## WELCOME!

The goal of Kind Club is to guide children in living a caring and confident life. You will notice as you work together on these activities that your relationship will improve due to open communication and building trust. Not only will your children become kinder and more thoughtful, so will you! Taking the time to slow down and be mindful of how we treat ourselves and others is beneficial at any age.

Please read through the unit before you begin. Implement as many of the tips as possible throughout your day and incorporate into your daily routine. The more you celebrate and utilize the learning, the deeper the brain connections will become. Each unit will have a unique theme to keep the learning engaging and fresh.

Unit 1 is themed "Camp Kind" and will focus on being kind to yourself first because without that, you cannot be kind to those around you.

Unit 2: Be Kind to your Friends

Unit 3: Be Kind to your Family

Unit 4: Be Kind to your Community

Each unit will include an *Opening Conversation*, *Cooperative Game*, *Imagination Activity*, *Storytime* and *Free Play*. The combination of conversation, practice and play is the key to creating lasting learning and growth.

Throughout this program you will be having conversations that will require listening and respect. If your child is not able to have these types of conversations, then I suggest starting with Unit 3- "Be Kind to Your Family". This section will help you and your child grow together and practice the listening and responding skills that are necessary to have these serious conversations.

My wish is that this curriculum will allow children to live with the peace of knowing that they are in control of how they treat themselves and others. I also believe that along the way we as adults have forgotten how to be kind and mindful role models. Through teaching our children, we can reteach and remind ourselves of the importance of kindness.

Happy Learning!


# Unit 1:

## Be Kind to Yourself



**Opening Conversation:** What does it mean to be KIND to yourself?

**Focus:** The word KIND may be one that your kids have heard, but do they fully understand what it looks and feels like to be kind to themselves?

1. Have your child color in the letters in KIND, cut them out and glue them to a piece of posterboard. Ask “What does it mean to be kind?” Depending on language skills you will probably get answers such as “being nice”, “helping” and “not hitting”. How about being kind to yourself? What does that look like? (See the  **key takeaways** from below and mention that doing things they love, taking care of their body and being safe are all ways to be kind to yourself.)
2. Write down some examples and key words that you brainstorm together. Make this your “Kind Poster”, decorate it together and **celebrate** all the ideas that arise during the conversation.
3. **Connect the word to real life:** Ask the questions “What is a time that you were kind to yourself?” “How did that make you feel?” Also tell them stories of when you were kind to yourself. (exercising, eating healthy, taking a vacation). Add the examples to the Kindness Pledge, and any new examples that you experience in the next few days.

### Key Takeaways:



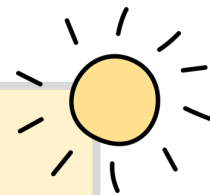
**Things I love:** Practice self kindness by doing things you love to do. Make a list of favorite things that make you happy and comfortable. Try and do one or two of these things everyday during the unit and practice being kind to yourself.



**My Body:** Talk about clothing choices, use the example of going outside in the cold without a jacket, or staying in the hot sun too long without a hat and water. Noticing how your body feels and adjusting or asking for help is an example of being kind to yourself. During mealtime talk about healthy bodies and what foods make your body feel healthy and strong and which ones might make you feel tired and cranky.



**Being Safe:** Talk about playing safely. Discuss how climbing on top of the monkey bars, or jumping off a swing might not be the safest choice. Thinking about safety and making safe choices is being kind and caring about yourself!



## Movement Break: Kindness Cheer

Teach the chant and the matching body movements

Share a smile, big and wide, (*smile on your face*)

Your strong with kindness on your side. (*make muscles*)

High-fives, hugs, a friendly cheer, (*high five, hug yourself, fist in the air*)

Make friends happy far and near. (*hands out and then on heart*)

Kindness, kindness, it's our way, (*nod head head yes*)

A little love, a friendly play. (*pretend tickle*)

When you're sad, we understand, (*wipe tears*)

Need some help? We'll lend a hand! (*clap hands*)



## Cooperative Game: The Kind Life Game

The first step in being kind to others is being kind to yourself. Directions: Print and cut the game cards and game board. Roll one dice and find two small items to use as game pegs. Follow the directions on the gameboard, the challenge cards are meant to spark conversation and do not necessarily have a right or wrong answer. Soak in all the information your child shares during these conversations and use it as a jumping off point. Be sure to listen carefully and incorporate their answers into the routine (ie: What do you love to do? What makes you feel good?) Note: The game cards can also be used without the gameboard as conversation questions during mealtimes or car rides.



## Use Your Imagination: Feelings Bus

**Focus:** Being kind does not mean being happy all the time, but it does mean caring about how you and the people around you are feeling. Its important to teach your child to notice how they are feeling and be able to talk to trusted adults about those feeling. Feelings don't need to be "fixed" or changed, they just need to be **noticed**.

- ✓ The Feelings Bus Game: Sit in a chair by a window and pretend you are going for a ride on a bus. Just like on a real bus, things are going to pass by our window. Point out the things you see, use your imagination and let your child join in, "Oh look, there is a cow, there is a truck, there is the sun." Point out some silly things and some serious things. Next, explain that some feelings are going to pass by our window. Give your feelings a name. "Oh look, there's a little sadness. What does it look like? Can you feel it? Oh, there it goes! Goodbye sadness!" (Don't have the feelings stick around too long, the point of this game is to show children that feelings come and go.) "Here comes some excitement! Oh, I can hear it through the window, what does it sound like?" (Follow your child's lead, they may want to dance, shout, move their body). Continue on the Feelings Bus and pass by the various feelings, pointing out what they look like and how they feel.



- ✓ Point out that sometimes you will know where the feeling is coming from, and sometimes you won't and that's okay! The goal is just to notice, and if the feeling is bothering you, or you need some help figuring it out, then tell a trusted grown up. That grown up may not be able to make the feeling go away, but you will start to notice that just giving your feeling a name and saying it out loud, magically makes you feel a little better. Tell your child that if you really want to get rid of a tricky feeling, then try the Feelings bus game and picture that yucky feeling going by the window and a new more comfortable feeling coming by.



## Storytime: "The Summer of Caring"

Read the story and stop when you notice a character being kind to themselves or others. If your kids are able, have them read the dialogue of one character. Saying the kind communications aloud is one form of practice and will solidify learning. When you read a feeling word, have your child act it out showing what that feeling might look like and where in their body they might feel it.


## Free Play: Let's go Camping!



*Note: Open-ended play is crucial in early learning because it fosters creativity, problem-solving skills, social development, and cognitive growth in children. It also can help foster the brain connections that are necessary when learning a new skill. Print and laminate the pretend play printables. Set up a play environment with specific materials and toys chosen for this activity. Allow your children to lead the way and play as they feel fit. Note: Open ended play can happen indoors or outdoors. With materials or with the imagination alone.*

Today's free play theme-Let's Go Camping:

- ✓ Ideas: Make a tent and pretend firepit inside, or better yet go outside and make a fort. Set up sensory play using the camping printables and sensory bins with pinecones, leaves, stones, or any other camping related material. Set up a water bin with pretend fish and pretend to catch and prepare dinner for your camping trip. Make smores, go on a hike, or have a nature themed scavenger hunt.



In the cheerful town of Joyfield, on the last day of June, an adventure awaited the neighborhood children at summer camp. The air buzzed with excitement as the children, with their backpacks filled, said goodbye to their parents and headed to camp.



Among the kids were Ollie, a cheerful boy with a bright smile, and Olivia, a thoughtful girl with a twinkle in her eye. They had been friends since they were two and trusted each other very much.

The initial days at camp were busy. Ollie and Olivia had fun at every activity, from sailing to kickball. One day, during lunch, Ollie noticed that Olivia seemed a bit sad.

"Hey, Olivia! What's going on, are you alright?" he asked with concern.

"I feel tired and a little cranky," Olivia replied softly. "And I'm not sure why."

Being a good friend Ollie suggested "Sometimes our bodies are trying to tell us something, like we need food, water, or rest. Let's investigate and figure it out!"

They sat at the picnic table and talked it out. Olivia had slept well and had been drinking out of her water bottle, but she had skipped breakfast because the eggs smelled and looked yucky.

"I think I need some healthy food," Olivia declared with a smile. "Thanks, Detective Ollie!" They then enjoyed a delicious lunch filled with colorful vegetables, sweet fruits, and nourishing protein.



Later that afternoon, during a game of ping pong, dark clouds gathered overhead, and raindrops started falling. Olivia shivered and said, "I'm getting wet. I can't focus on this game anymore." Ollie ran to his bunk, emerging with a cozy sweatshirt for himself and umbrella for Olivia.

"Wow, you are really good at taking care of yourself." Olivia thanked him.

"And you are good at noticing how you feel!" Ollie replied, with a smile.



After a full day, Ollie and Olivia were exhausted and tucked into their beds. However, Olivia heard soft cries coming from Ollie's bed.

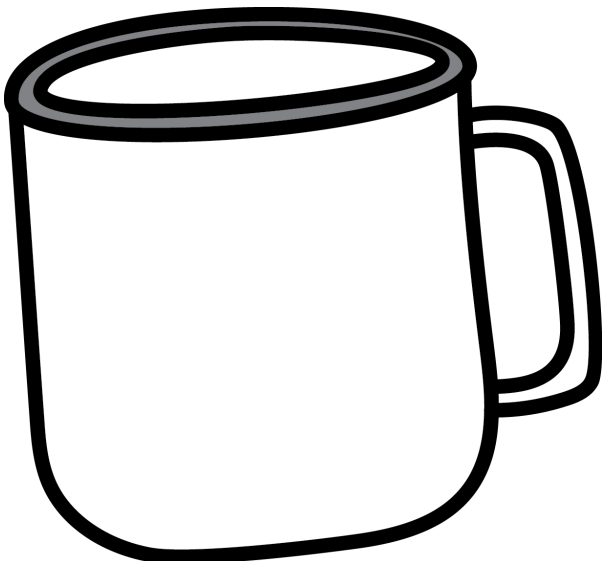
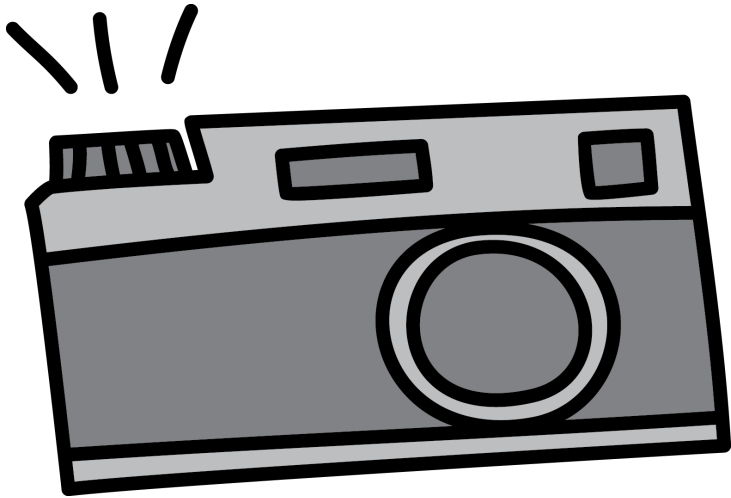
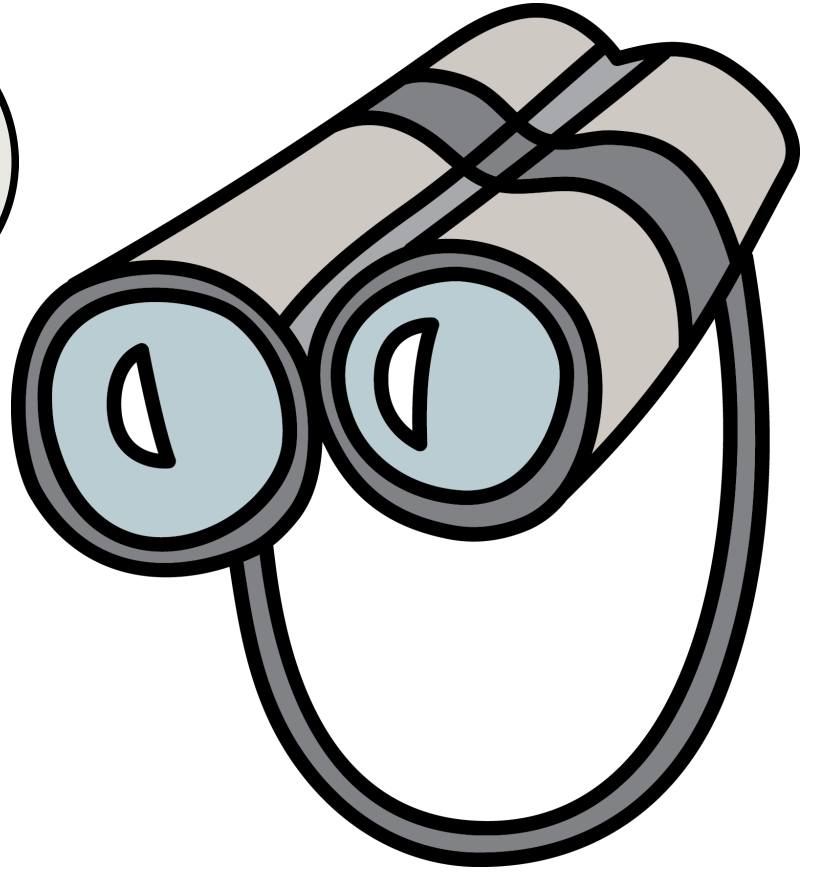
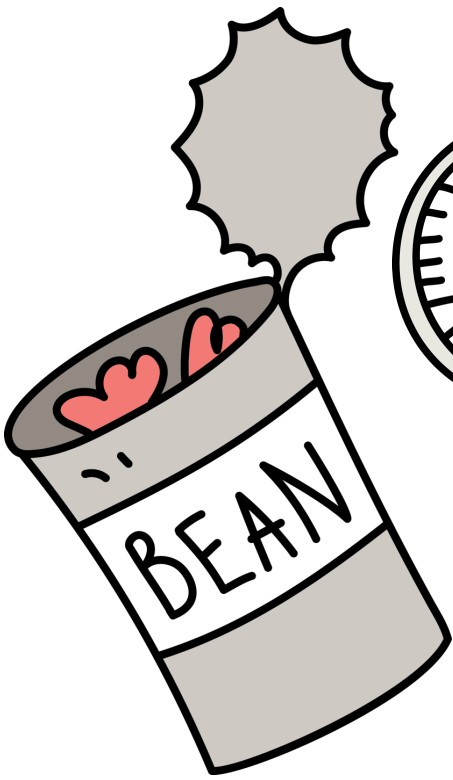
"Are you okay?" she asked.

"Well, I sometimes get scared when it gets dark. I don't know why."

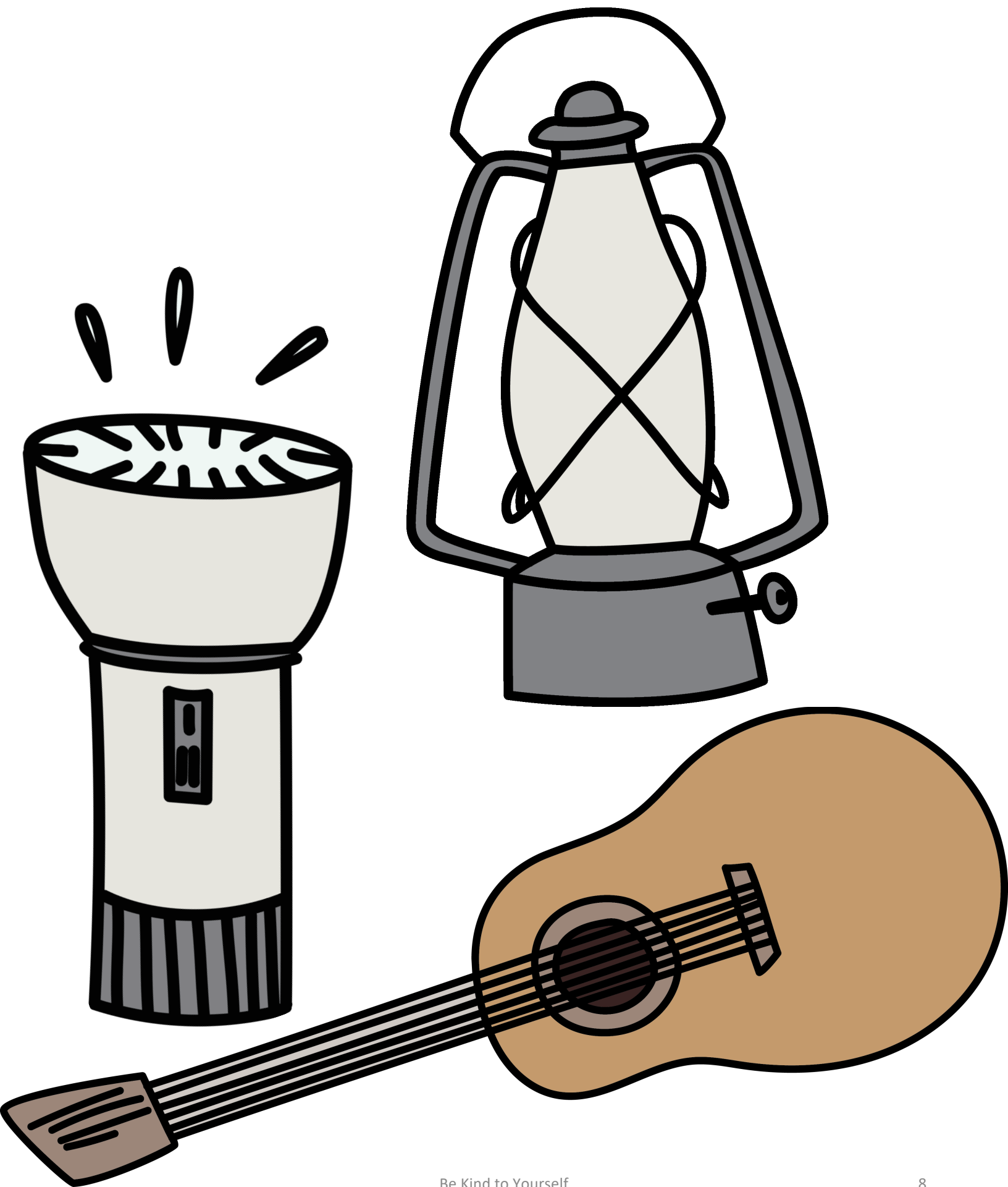
Olivia nodded "It's okay to feel scared. Remember to notice how you feel, and if you need help, talk to a trusted adult." Ollie took a deep breath and told his counselor what was wrong.

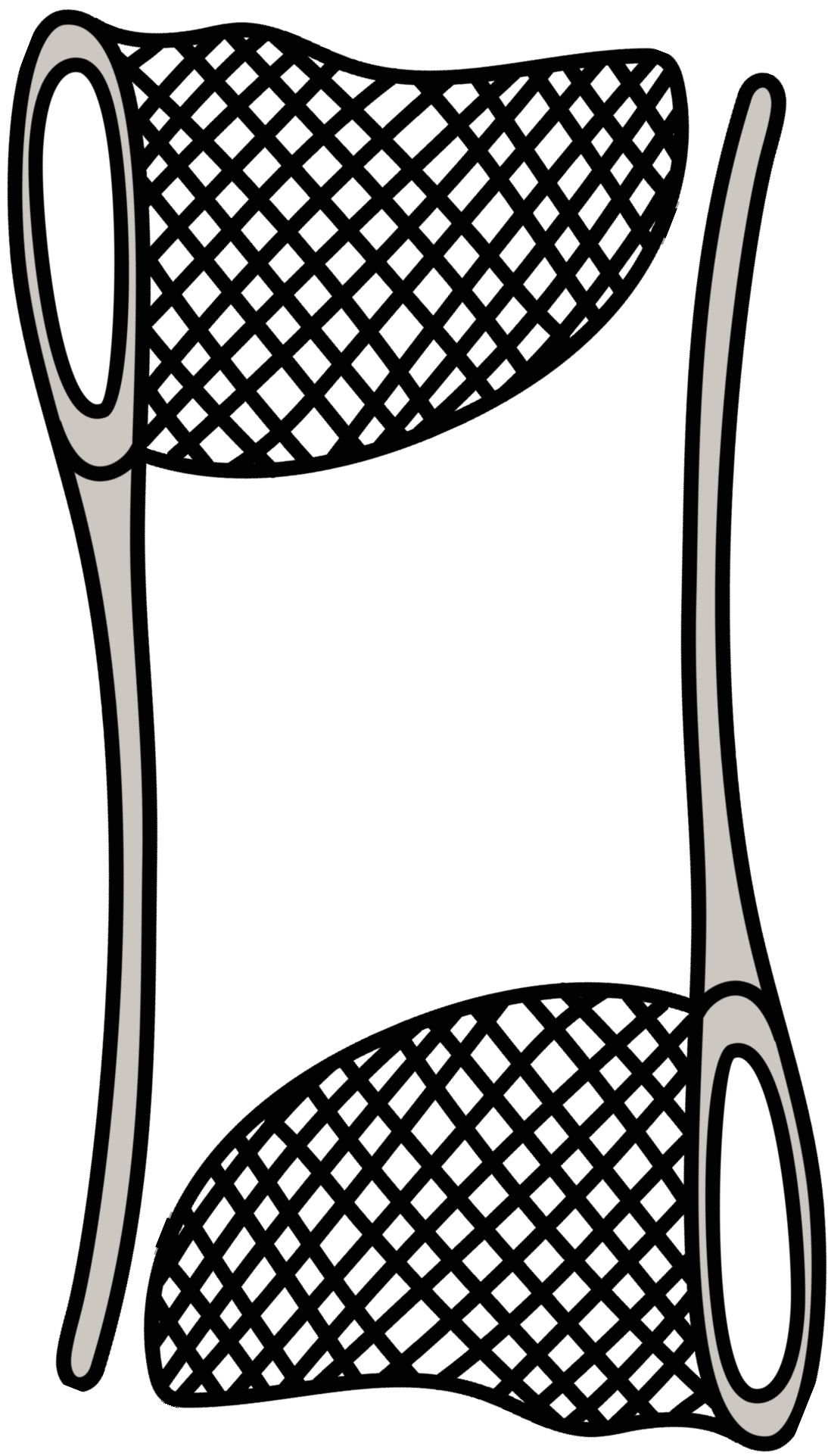
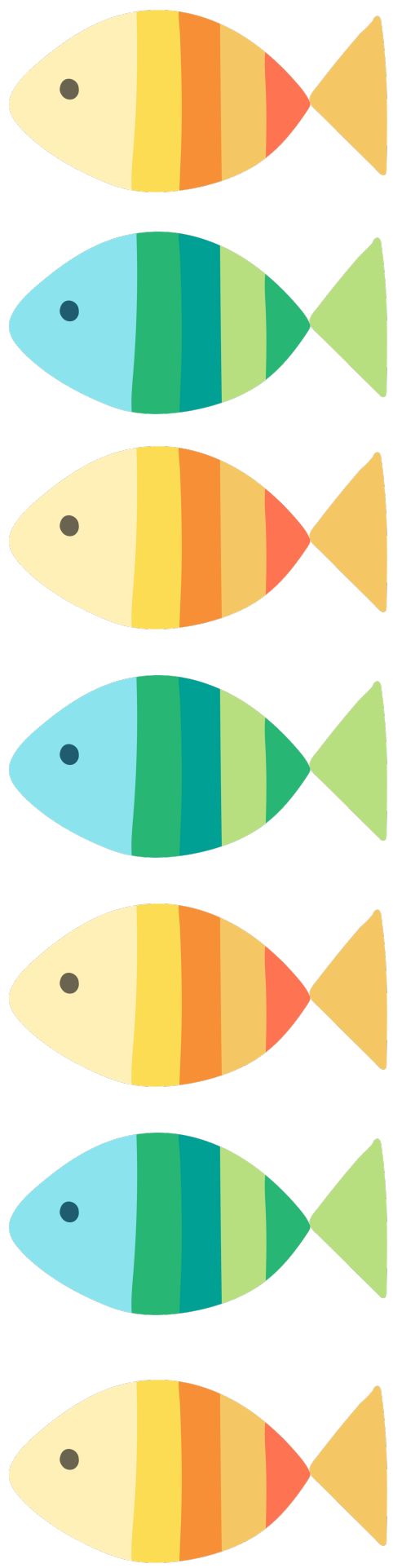
The next day, their wise counselor gathered everyone. With a caring tone, the counselor explained that feeling scared was natural and that talking about it could make a world of difference. From that day on, whenever Henry felt a little nervous, he knew to share his feelings, and it always made him feel better. That summer, Ollie and Olivia learned that being kind to themselves was just as important as being kind to others. Through the magic of healthy eating, dressing for the weather, and talking about their feelings, they left camp feeling confident, their hearts bursting with happy memories.

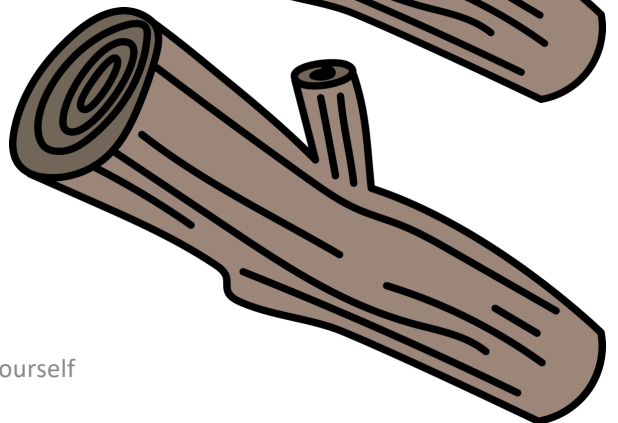
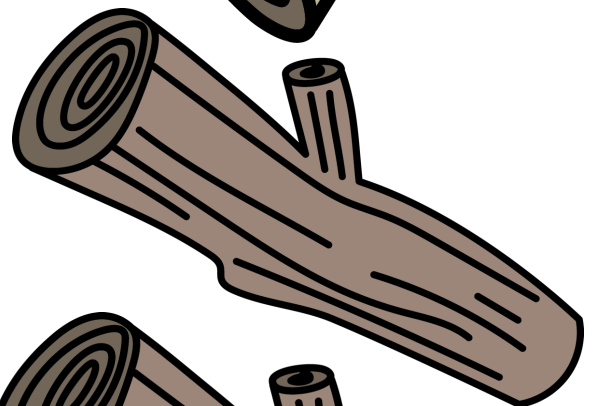
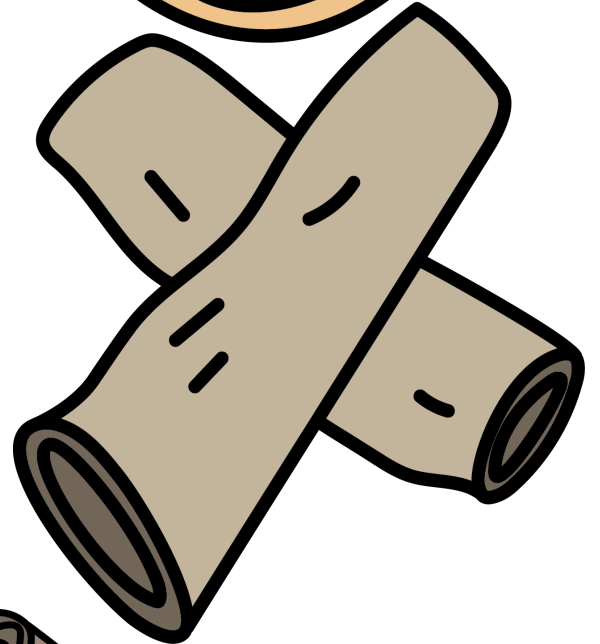
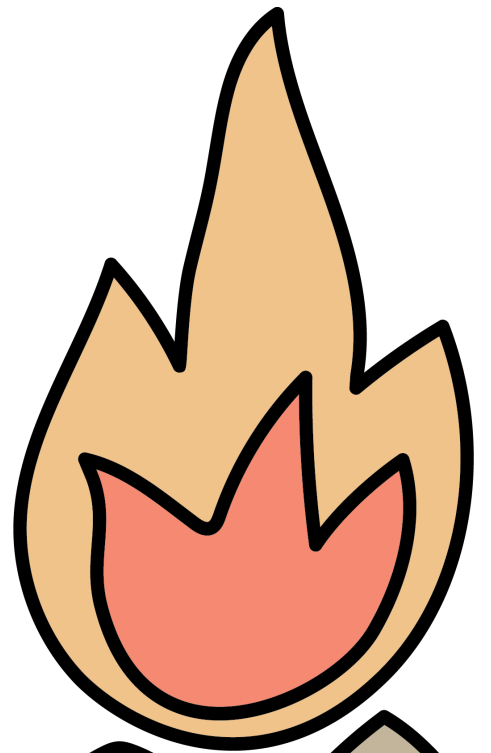
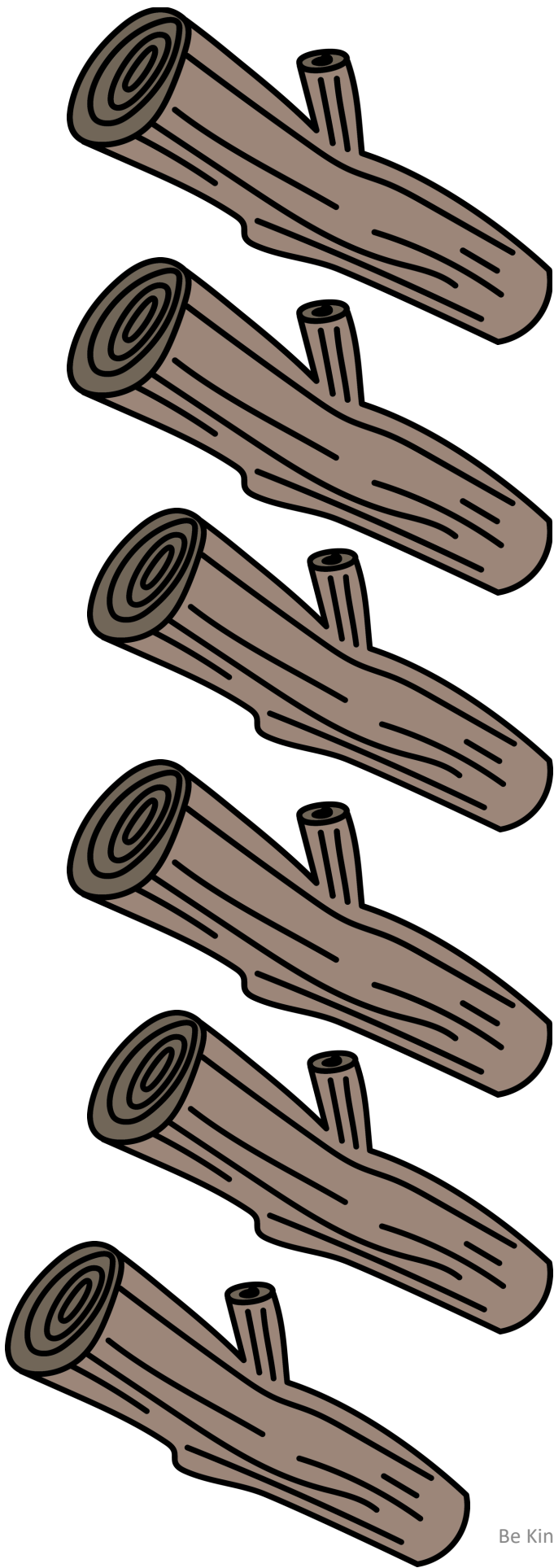
















## CHALLENGE CARD

Name 3 things that you love to do.

Name things that make you feel happy and comfortable.

## CHALLENGE CARD

If you are going outside to play in the winter name 3 ways you can take care of yourself.

## CHALLENGE CARD

You are going to the beach on a hot summer day, what should you do to take care of your body?

## CHALLENGE CARD

You are feeling tired and cranky, what can you do to make yourself feel better?

## CHALLENGE CARD

It is snack time, what is a good snack choice? What snack choice might make me get a stomachache?

## CHALLENGE CARD

You are playing on the playground, what is your favorite thing to do? What is something you have seen or done that might not be a safe choice?

## CHALLENGE CARD

You are playing with your friend outside. Your friend starts to throw rocks in your direction. What do you say or do? How do you feel?

## CHALLENGE CARD

What are 3 things that you are really good at? Would you be able to teach someone how to do it?

## CHALLENGE CARD

Name 3 things that you love to do.

Name things that make you feel happy and comfortable.

## CHALLENGE CARD

One player pretend to be feeling sad and the other player try and cheer them up.

## CHALLENGE CARD

Name a feeling that you don't like to feel. When do you feel that feeling? What makes you feel better?

## CHALLENGE CARD

Name a feeling that you like to feel. When do you feel that feeling?

## CHALLENGE CARD

Name this feeling:



## CHALLENGE CARD

Name this feeling:



## CHALLENGE CARD



Is this an example of being kind to yourself ?

## CHALLENGE CARD

Is this an example of being kind to yourself ?





## CHALLENGE CARD

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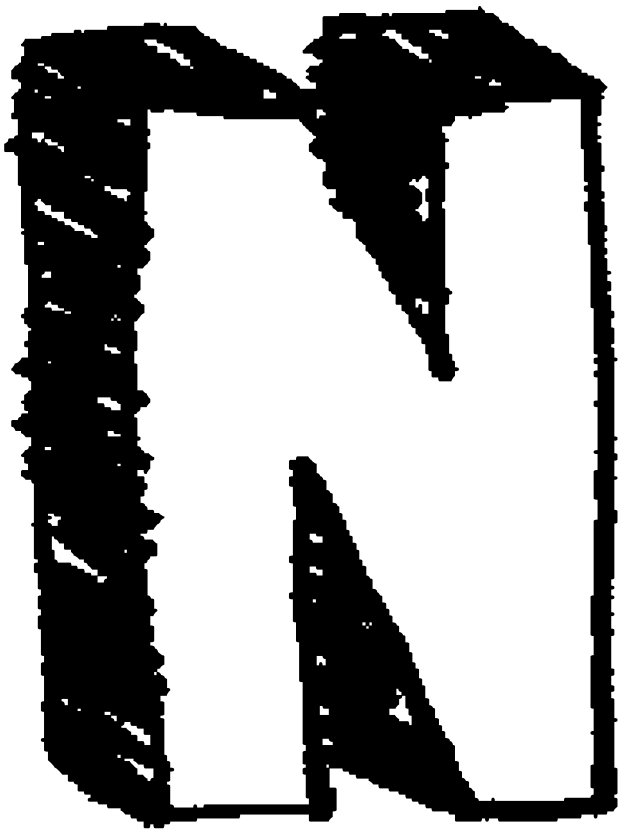
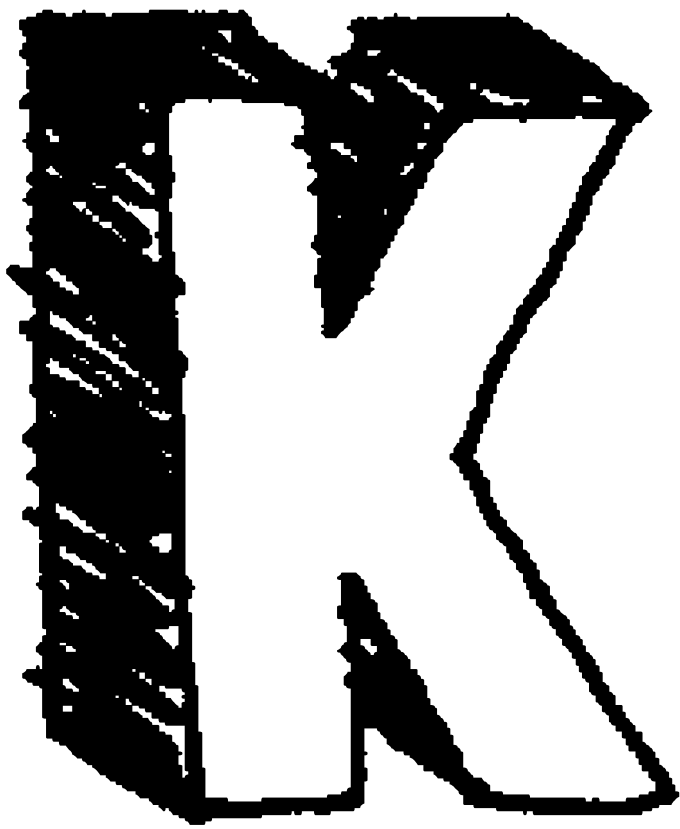
Name this feeling:



## CHALLENGE CARD

Name this feeling:





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