

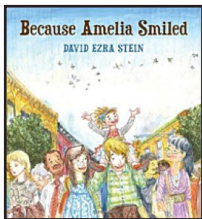
Books about the Power of Kindness and Generosity

Acting with kindness and generosity are powerful and gratifying experiences. By age 3, children are just beginning to have the capacity to think beyond their own needs, considering the needs and feelings of others, and connecting how their own actions impact others.

Becoming empathetic, or acting from a place of Kindness, is acquired through experience and practice. Children need lots of opportunities to witness, experience, and practice kindness. Picture books, read with a grown-up, provide a great way for children to begin to explore the *Super Power of Kindness!*

Recommended for Read-Aloud

* Books with a star are available at very low cost through the First Book Marketplace: www.fbmarketplace.org/favorite-preschool-read-alouds

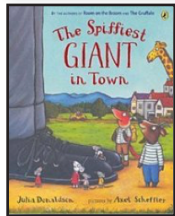


Because Amelia Smiled

written and illustrated by David Ezra Stein

A story about how contagious kindness can be -- starting with something as simple as a skip and a smile.

Preschool–2nd grade

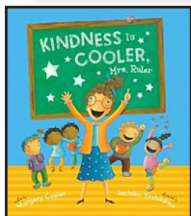


The Spiffiest Giant in Town

by Julia Donaldson, illustrated by Axel Scheffler

A fun-filled read-aloud that reminds us that having a giant-sized heart is even more rewarding than being a spiffy giant.

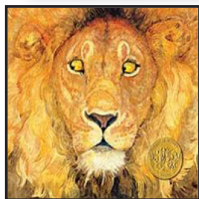
Preschool–2nd grade



Kindness is Cooler, Mrs. Ruler

by Margorie Cuyler, illustrated by Sachiko Yoshikawa

To inspire her pupils to be kinder, Mrs. Ruler assigns them to perform five acts of kindness. *Kindergarten–2nd grade*

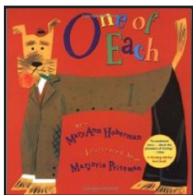


The Lion and the Mouse

Written and illustrated by Jerry Pinkney

This wordless picture book is the well-known Aesop's Fable about a tiny mouse and a mighty lion. Children will see the themes of kindness, trust, and friendship in the beautiful illustrations.

Preschool–2nd grade

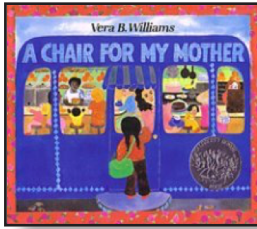


One of Each

by Mary Ann Hoberman, illustrated by Marjorie Priceman

The joy of sharing with friends is celebrated through fun, rhyming text.

Preschool–1st grade

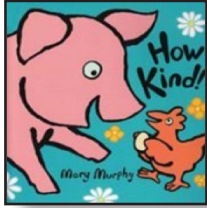


A Chair for My Mother (Winner of the Caldecott Medal)

written and illustrated by Vera B. Williams

Children experience the beauty of kindness and compassion in this book about a struggling family pulling together.

Kindergarten–3rd grade

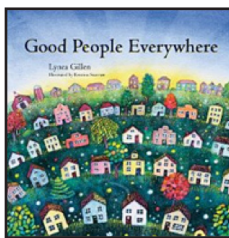


How Kind

written and illustrated by Mary Murphy

Farm animals learn that kindness can be contagious in this cheery tale.

Preschool–1st grade

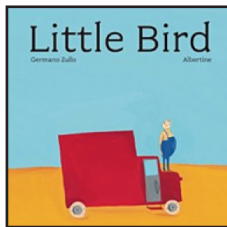


Good People Everywhere

by Linea Gillen, illustrated by Kristina Swarner

Through examples of people helping each other around the world, this book gives young children a global perspective on kindness and generosity.

Preschool & Up

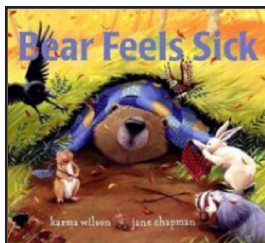


Little Bird

by Germano Zullo, illustrated by Albertine

A sweet book that teaches children even small acts of kindness can make all the difference.

A book all ages will enjoy.

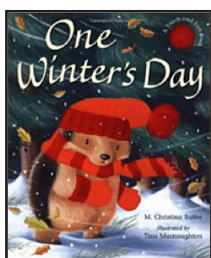


Bear Feels Sick

by Karma Wilson, illustrated by Jane Chapman

This endearing tale demonstrates the beauty of kindness when Bear feels sick and his animal friends rally around to care for him.

Preschool–2nd grade



One Winter's Day

by M. Christina Butler, illustrated by Tina Macnaughton

Children will enjoy reading about the warmth of kindness and friendship as Badger helps little hedgehog who's lost his hat, scarf, and mittens on a cold windy day.

Ages 3 and Up

Ideas to Extend the Power of Books in the Classroom

Super Power: Kindness

Start by reading a selection of books on the theme of kindness, generosity, and sharing. Bring these books to life through activities and experiences that provide ways for children to practice the *Super Power of Kindness* introduced in the stories.

Create a Culture of Kindness in the Classroom

Choose/Vote on a Classroom “Kindness Slogan”

Examples of Kindness Slogans:

- The power of kindness can change the world
- Kindness makes your heart glow
- We believe in the magic of kindness

Write your slogan on big paper, talk about the meaning of the words, and invite the children to decorate it with markers, or collaged pictures showing acts of kindness. Hang it up where everyone can see it and refer to it when you observe moments of kindness, caring, or empathy.

Make a Wreath of Helping Hands

Ask children all the ways that hands can be kind or generous. It helps to say, “Hands are good for _____” (waving hello, patting a dog, writing a letter, giving a hug, cooking food, coloring, building, painting)

Provide various colors of paper (blue, green, tan, pink, brown, purple, etc.) for children to choose from. Trace each child’s hands on the selected paper. Label each hand with the child’s name, and his/her idea of how to be kind with one’s hands. Cut out the hands and arrange them in a wreath shape to welcome visitors to your classroom with kindness.

Make a “Kindness is my Super Power” Chart

After reading some books on the power of kindness, invite children to list behaviors that are kind and write them on big paper. Have the children decorate the chart and display it prominently. Be sure to observe and acknowledge acts of kindness in the classroom!

Model the language of kindness and connecting kindness and generosity to a sense of power and strength.

1. Notice and articulate kind and generous behavior by enriching phrases such as “that was nice” with more specific feedback, such as:
“How kind of you to help Roberto clean up the spill. I bet it felt powerful inside to do that for him.”
2. Share kind, generous deeds you’ve observed at group time or throughout the day. If possible, relate the example back to a book you have read together. Ex. “Today when Marisa didn’t have any mittens and Paris shared her extra pair, it reminded me of how Badger helped Little Hedgehog in the *Winter’s Day* story. Helping someone is a super power!”

Acknowledge and Appreciate the Kindness of Others

Play "3 Great Things!"

Start by using a character from a book that you have read and ask:

What are three great things about Bear?

Once children practice with book characters, move on to a classmate or person in your school. It is often easy to start with one of the adults in the classroom.

"Let's think of 3 great things about Mrs. Bloom."

She smiles and says good morning to everyone.

She reads to me.

She says "good job" to me when I clean up.

Make time to play 3 good things each day so that every classroom member has a turn to be acknowledged. This encourages children to think about how good it feels to be the giver, not just the receiver, of kind words.

Note: Often children start with physical attributes, "I like her dress." Help them think about things the person does or the way the person behaves. "She gives me a turn; He builds great towers," etc.

Write a Letter of Appreciation

Think about the people who help you, or are kind, and often don't get thanked (custodian, crossing guard, food service person, bus driver, secretary, etc.)

Your class could make a list of these important people and write one letter a week. Ask the children to share their ideas and dictate a letter acknowledging the person for their work and telling them they are appreciated. If possible have the draw a picture, sign their names encircled with hearts.

Practice Kindness to Animals

- Make simple bird feeders to take care of feathered and furry friends during the winter. Have children string Cheerios on a pipe cleaner (use half if the pipe cleaner is long), shape it into a simple hook or circle to hang from a tree for birds, squirrels, and chipmunks to enjoy.
- Find out from a local animal shelter what is on their Wish List. Often they need old towels and blankets. These are items that are often easier to donate than pet food. Do an "Old Towels and Blankets Drive" in your program and arrange for the children to bring them to the shelter or have a shelter representative visit your classroom.