

## Kindness/Unkindness Activity by Leslie Gentile

To be used with the Elvis series

For this activity, you can draw a picture, write a paragraph or have a group discussion.

I discovered something interesting when I wrote the Elvis series. The characters in my book who were kind were the happiest. The unkind and mean characters? They were all very unhappy.

Here's the really cool thing about kindness: we all get to choose whether we will be a kind person or an unkind person. It's like our superpower.

So: think of a time you were kind to someone. It could be a friend, a family member or even a stranger. How did it make them feel? (Hint: did they smile, relax and feel welcome, or even say thank you?)

How did it make *you* feel? When I am kind to someone, it makes me feel really good inside. I feel happy, and even proud of myself for going out of my way to be kind.

Now: this one is a bit harder. Think of a time when you were unkind to someone. How did it make them feel? Did they look hurt? Did they walk away or even cry?

How did that make you feel inside? Did you feel ashamed or embarrassed by what you did or said to hurt them?

So, which will you choose? To be kind, or unkind?