

6 Kindness Rocks Day #1

Help Nana Puddin' learn to "ROCK".

R

Respect

O

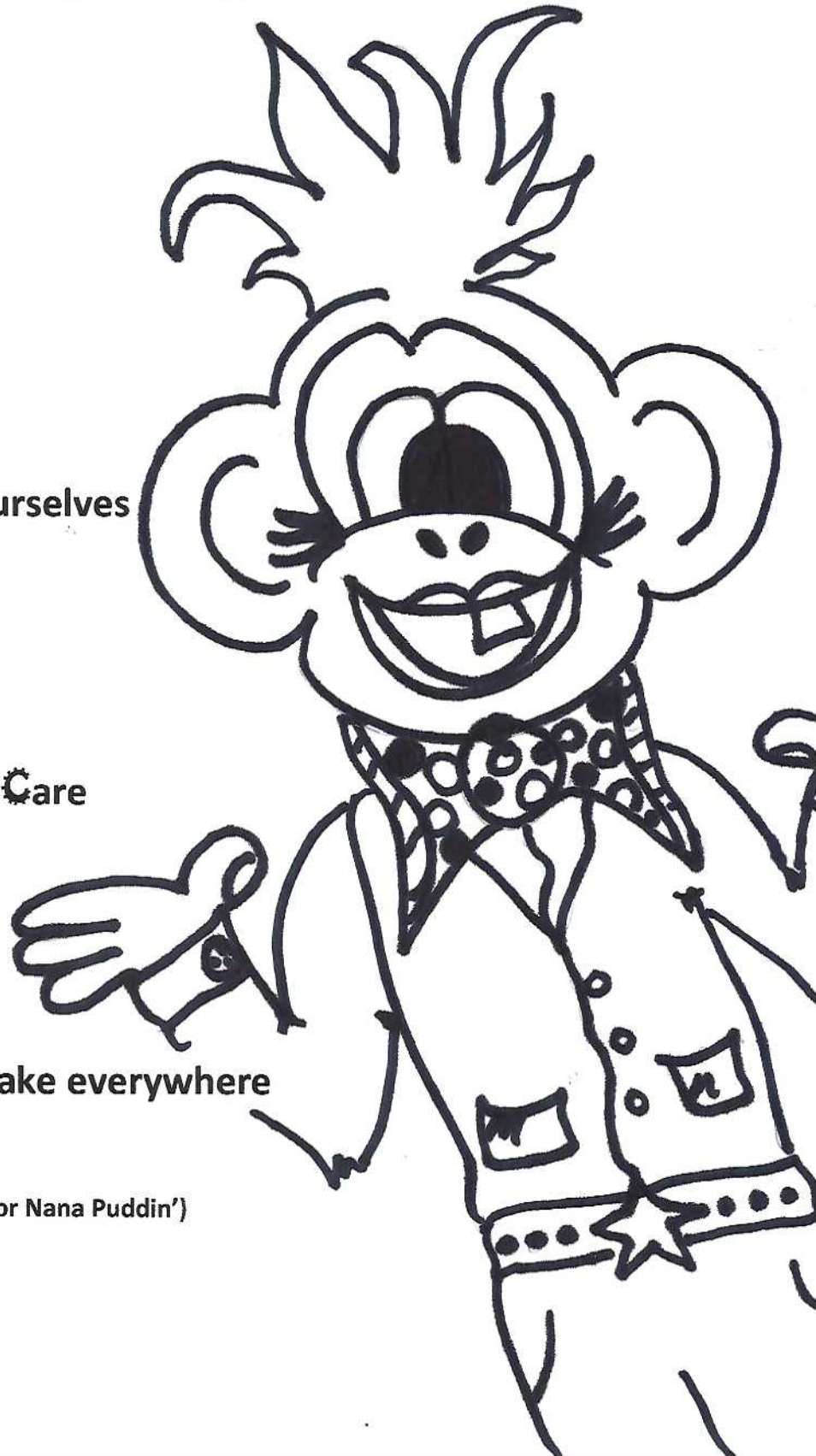
Others and Ourselves

C

Children who Care

K

Kindness we take everywhere



(Color Nana Puddin')



Respect is caring enough to see how our words and actions impact other people.

Respect is shown by following the rules of our family, school, community, and country.

Respect is shown at home by listening to our parents.

Respect is shown in class when we raise our hand before speaking.

Respect is shown for our country when we stand for the Pledge of Allegiance and The National Anthem.

Respect is shown in our world by being kind to others, even when we disagree with them.



How do we care for **Other** people?

- We use kind words like; “please and thank you”.
- We practice sharing.
- We show polite behavior.
- We help people in need.
- We learn how to forgive.

How can you show care for **Others**?

How do we care for **Ourselves**?

- We eat healthy foods; like fruit and vegetables.
- We exercise our bodies.
- We get plenty of rest.
- We drink lots of water.
- We forgive ourselves when we make mistakes.

How can you show care for **Yourself**?



Practice these **CARING** words.

- How are you today?
- Can I help you?
- You look great today.
- You did an awesome job.
- I'm sorry.
- Is there anything you need?
- Don't give up.
- You can do it!
- Wow, you are amazing.
- I think I know how that feels.

Pick one of these **CARING** phrases or choose one of your own and practice being a **CHILD** who **CARES** today.

Write your **CARING** words below.



Kindness means we are concerned about how other people.

Kind people think about how other people feel.

Kind people don't just think about their own feelings.

Kind people help others in need.

Kind people are caring even when others are not.

Kindness make the world a better place.

Kindness starts in each of us.

Kindness is something we practice.

Kindness is behavior we share with our family, friends, school, community, country, and world.

Now practice saying these words;

I **R**ESPECT **O**THERS.

I am a **C**HILD who **C**ARES.

I take **K**INDNESS everywhere.

I **R**OCK!

DRAW YOUR PICTURE

