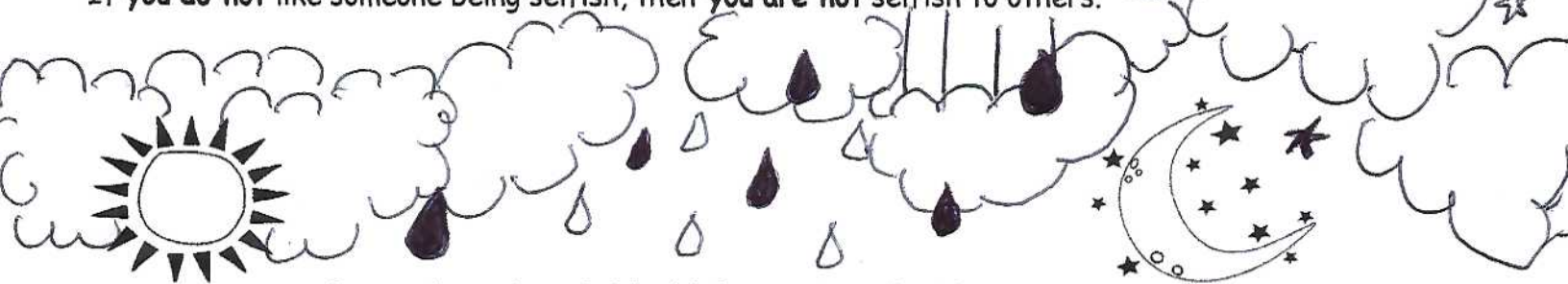


Today practice treating other people the way you want to be treated.

- If you enjoy having friends, practice being a friend.
- If you do not like being bullied, you do not bully.
- If you enjoy hearing kind words, practice saying kind words.
- If you do not like someone being hateful, then you are not hateful.
- If you enjoy getting a "high 5", practice giving a "high 5".
- If you do not like "put downs", then you do not "put others down".
- If you enjoy getting help from others, you practice giving help to others.
- If you do not like someone being rude, then you are not rude.
- If you enjoy someone sharing with you, then you practice sharing with others.
- If you do not like someone being selfish, then you are not selfish to others.



Connect the words on the left with the opposite on the right.

- Day
- I am a friend
 - I am kind
 - I lift up
 - I care
 - I share
 - I give
 - I play by the rules
 - I am polite
 - I am thankful
 - I am peaceful

- Night
- I am selfish
 - I always take
 - I am rude
 - I bully others
 - I am ungrateful
 - I am always fighting
 - I tear down
 - I don't care
 - I cheat
 - I am unkind

"Kindness Rocks" Day 5

Activity Guide

What is your favorite sport? (circled one)

soccer- ~~football~~- basketball- baseball- **tennis-** GOLF- GYMNASTICS- bowling
archery- SWIMMING- volleyball- wrestling- cycling- track and field

Do you have another game you enjoy? Yes or No



Kindness is not a game. But if we are going to help the world be a kinder place, we have to work together like a team. We practice being kind with our words and actions.

Does your favorite sport have rules? Yes or No

Do you think playing by the rules is important? Yes or No

There is 1 rule that can help us learn to be kind.

It is called, The Golden Rule: "Treat other people the way you want to be treated."

