

# Boredom Busters Bitez

## KINDNESS

Today's theme is all about being kind to one another. Kindness is when people are friendly, generous, and considerate. Being kind is a very easy thing to do. Kindness comes in all shapes and sizes. It can be as simple as listening to someone when they are upset. Or it can be as challenging as doing something that is physically hard to do. The great thing about kindness is it can be done whenever! Kindness is important because it makes people feel good, and it makes others want to be kind too!

Today's fun includes some tips on being kind, a motivational craft, a wise wordsearch, and a printable to help you track your kind achievements!

# Acts of Kindness

Being kind doesn't need to be hard. It's very easy to be kind to everyone every day! Here are ten daily easy-peasy ways to be kind.



**1.** Compliment someone on something they did. Say something like "I like your shirt" or "I like your backpack" is an easy way to compliment someone.

**2.** Pick up a loose piece of trash. If you walk outside and notice a piece of trash on the ground pick it up and throw it away. Although it's not your trash, the environment appreciates your help!



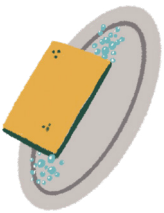
**3.** Reach out to a friend or family member you haven't talked to in while. Ask them about their day, and let them know you're thinking about them.

**4.** Send snail mail to a friend or family member! Draw them a picture or write them a story.



**5.** Thank your mailman or mailwoman by leaving a thank you note in your mailbox.

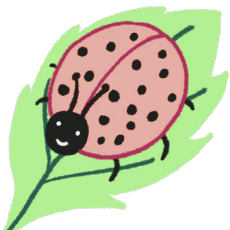
**6.** Instead of pouring leftover water from a bottle down the drain, use it to water a thirsty plant.



**7.** Offer to do a chore you wouldn't normally do.

**8.** Instead of killing the bug you found in your home, catch it, and release it outside. If it's already outside let it be.

**9.** Ask the people in your home if they need help with anything!



**10.** Lastly, if you do something not kind, apologize right away. Try to make it up to the person you weren't kind to.

# Positivity Posters

Sometimes life is hard. Sometimes things are out of people's control and there is not much they can do. It's hard to stay positive during times like these. This is where positivity posters come in handy! Positivity spreads like kindness. Make a positivity poster to hang somewhere everyone will see so you can help spread positivity!

## MATERIALS



## INSTRUCTIONS



Use the crayons to write positive words and phrases on the paper. Think of phrases that help motivate people and spread positivity. You can even thank people!



Then use the crayons to decorate your poster!

**KEEP IT GOING!**  
Experiment making lots of different posters and hanging them up around your neighborhood!



Use the tape to hang the poster up. Think of a place where lots of different people will see it. Some place like a window or telephone pole!

# Kindness Wordsearch

Search for all of the words that relate to kindness.

K S E G M N E Y U A H R P E G  
I Z G R E N L D P S U O M V R  
K P Q T I D K P U J G P B I E  
D M S T N P R O A T Z G T G E  
I I B E B E S P S S I H S R T  
L W I I C U E N X I A T G O I  
Q R X I E O G O I N Y T A F N  
F S A A R C A C K U I S O R G  
B T M B H U R F O A M G I D G  
E C Q I R B U V H U I F D J I  
Q Q Q U L L O E U C R S P B D  
D O N A T E C K H Y Q T O D T  
K B N E G E N E R O U S E W W  
Q G N I P L E H I C E C E S Y  
Q V R E E T N U L O V W O F Y

Smile

Hug

Listen

Donate

Volunteer

Helping

Friendly

Generous

Courtesy

Greeting

Thankful

Gratitude

Encourage

Inspire

Forgive

Appreciate

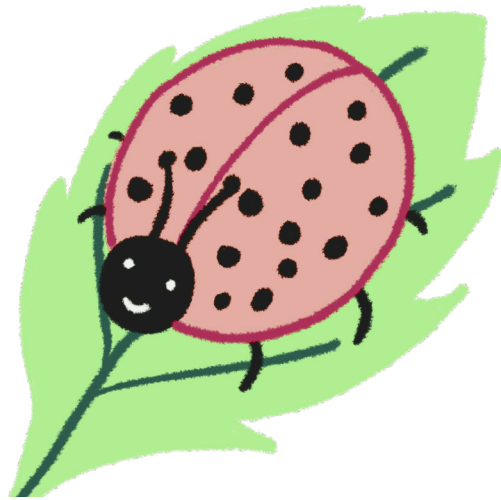
# Kindness Board

Sometimes being kind is hard to remember to do. An easy way remembering to be kind is to make a Kindness Board. A Kindness Board is a place to keep all of the kind activities you want to do throughout the month. Cut out the kindness board below and fill each box with a different kind activity you want to complete before the end of the month. When you complete the task, color in the box!

## My Kindness Board

Activity 1	Activity 2	Activity 3	Activity 4	Activity 5
Activity 6	Activity 7	Activity 8	Activity 9	Activity 10
Activity 11	Activity 12	Activity 13	Activity 14	Activity 15
Activity 16	Activity 17	Activity 18	Activity 19	Activity 20
Activity 21	Activity 22	Activity 23	Activity 24	Activity 25





**Boredom Busters Bitez is an extension of our previous publication, Boredom Busters. Instead of one large publication, we will release three different Boredom Buster activities. Each issue is a different theme!**

**For more resources and activities for children, please visit [buckslib.org](http://buckslib.org)**

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