TEACHER GUIDE · WORLD KINDNESS DAY: NOVEMBER 13

# 365give Kindness Kit

Ready to use all year

World Kindness Day is November 13, but kindness is worth practicing every day. This printable kit offers three flexible activities that turn small acts of kindness into daily practice, personal connection and visible collective impact.

## What's inside

**1 30 Days of Kindness Calendar**
DAILY PRACTICE
Thirty simple actions for school, home and community. Start on any day; students check off each completed action.

**2 You Make the World a Little Brighter Card**
CONNECTION
Students write a personal message to someone they appreciate, then give the card to that person.

**3 Our Sky Full of Kindness**
COLLECTIVE IMPACT
Each student records four real acts of kindness on four stars, cuts them out and adds them to a shared classroom sky.

**4 Kindness Reflection**
LEARNING
Students think about their actions, feelings and ideas they discovered from classmates.

## How to use the kit

**1 Choose.**
Use any activity on its own, combine them for World Kindness Day or spread them across a month.

**2 Do.**
Print the pages you need. Students complete actions, deliver their cards and add finished stars to the class display.

**3 Reflect.**
Count the stars together and use the reflection page to discuss what students noticed and want to try next.

## Curriculum connections

**SEL**
empathy, gratitude, self-awareness, relationships

**Language Arts**
writing and reflection

**Visual Arts**
card design and collaborative display

**Math**
counting, comparing and graphing stars

**Social Studies**
community and citizenship

**Health & Well-being**
emotions and connection

**PREP**
Printer, pencils or markers, scissors and a wall/bulletin board for the sky. No purchases required.

**TEACHER TIP**
Kindness isn't homework. It's something we practice every day. Encourage students to take their kindness beyond the classroom and discover how small actions can become lifelong habits.

365GIVE KINDNESS KIT

# 30 Days of Kindness

Choose one small act each day. Check the box when you do it. Start any time of year!

| | | | | |
|---|---|---|---|---|
| **01** ☐ Thank someone who helps at school. | **02** ☐ Invite someone to join your game. | **03** ☐ Pick up three pieces of litter. | **04** ☐ Tell someone what you appreciate about them. | **05** ☐ Help tidy a shared space. |
| **06** ☐ Smile and say hello to someone. | **07** ☐ Let someone else go first. | **08** ☐ Give someone your full attention. | **09** ☐ Make a kind drawing for someone. | **10** ☐ Refill a birdbath with an adult. |
| **11** ☐ Help someone carry their things. | **12** ☐ Say something encouraging. | **13** ☐ Turn off lights you are not using. | **14** ☐ Include someone in a conversation. | **15** ☐ Thank a family member for something specific. |
| **16** ☐ Bring a reusable water bottle | **17** ☐ Help a classmate with a task. | **18** ☐ Leave a cheerful note for someone. | **19** ☐ Pick up a piece of litter outdoors. | **20** ☐ Ask someone how their day is going and listen. |
| **21** ☐ Help care for a pet with permission. | **22** ☐ Share a useful classroom supply. | **23** ☐ Give someone a genuine compliment. | **24** ☐ Help put away classroom materials. | **25** ☐ Use both sides of a sheet of paper. |
| **26** ☐ Hold the door for someone. | **27** ☐ Offer to help with a household task. | **28** ☐ Thank someone who keeps your community running. | **29** ☐ Welcome someone who seems left out. | **30** ☐ Tell someone one thing you learned from them. |

**YOUR OWN IDEA:** _____ ☐

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# Kindness Card

Print on one side. Cut, fold and give.

**STUDENT INSTRUCTIONS** Choose someone who makes your world brighter. Write them a personal message, decorate your card and give it to them.

✂ CUT ON THE DASHED LINE

FOLD HERE

BACK

365give.ca

FRONT

## YOU MAKE THE WORLD A LITTLE BRIGHTER!

**1 Cut**

Cut around the outside dashed line.

**2 Fold**

Fold in half on the fold line, with the printing on the outside.

**3 Write**

Open your card and write your message on the blank inside.

**4 Give**

Colour the stars, then give your card to someone special.

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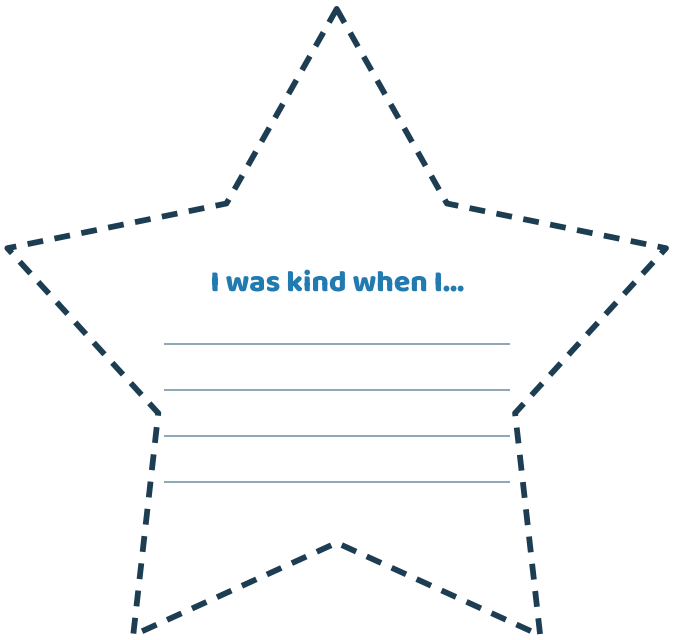
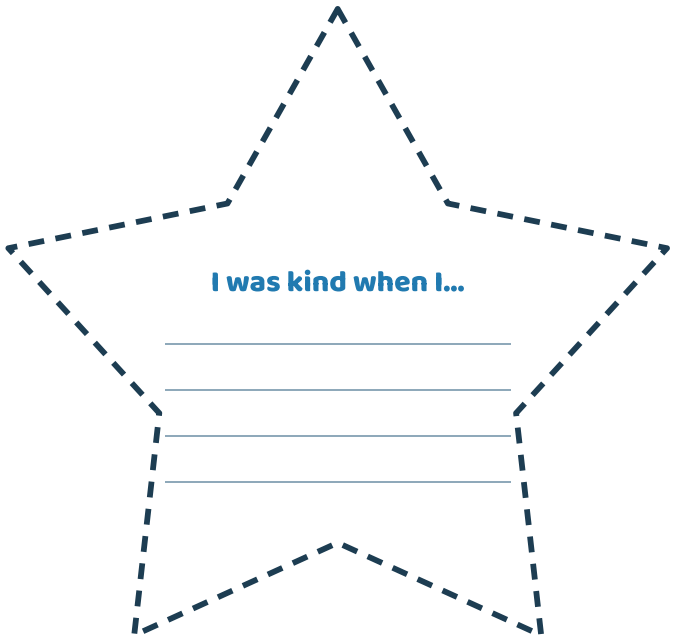
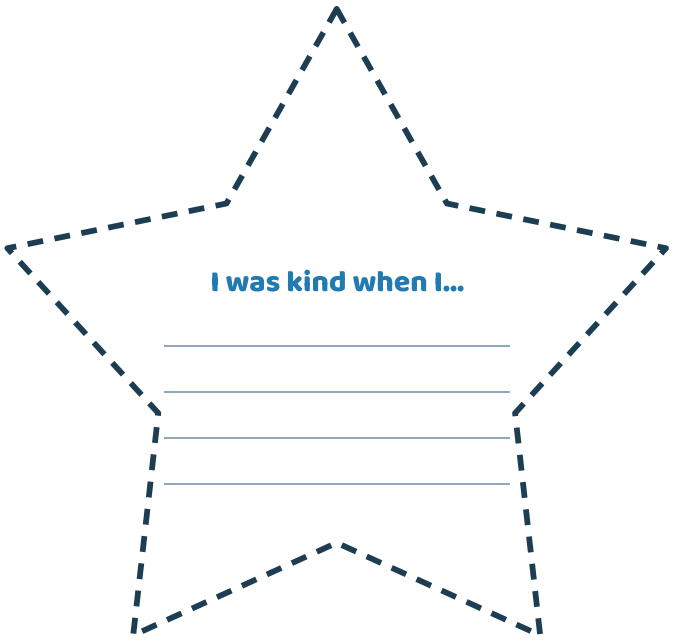
# Our Sky Full of Kindness

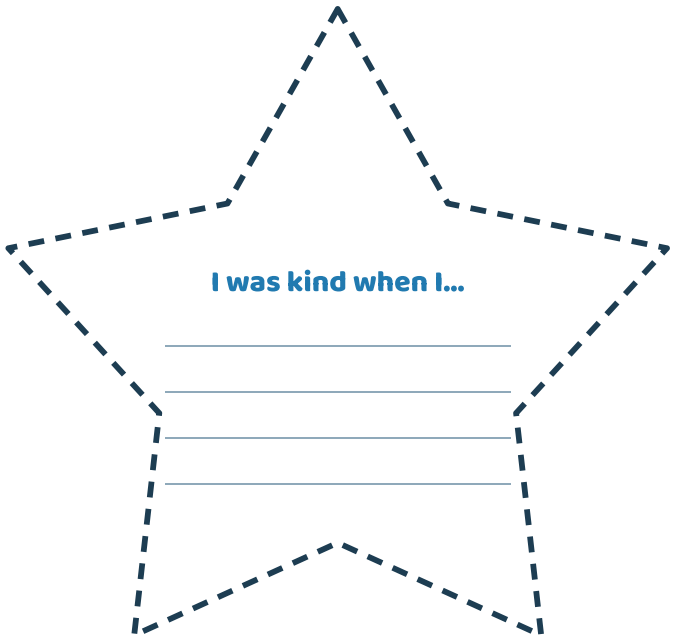
Four stars. Four real acts of kindness. One sky we create together.

**STUDENT INSTRUCTIONS** Each time you do an act of kindness, write what you did inside one star. Colour and cut out your stars. Add them to your class Kindness Sky. Each star tells a story!




**TEACHER TIP** Create a sky on a wall or bulletin board. Invite students to add their stars as they complete actions. Count the total together. One student's four stars plus everyone else's shows how small actions add up.

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# Kindness Reflection

Look back at the kindness you practiced and the sky you made together.

**1** **What was your favourite act of kindness from the calendar?**

**2** **Who did you give your kindness card to? How did they respond?**

**Name of person:** _____

How did they respond? Circle one.

Very happy

Happy

Upset

Sad

**3** **How many stars did your class add to your Kindness Sky?**

**4** **What three ideas did you get from others that you would like to try?**

**1.** _____ **2.** _____ **3.** _____

**5** **How did being kind make you feel?**

Circle one.

Proud

Happy

Upset

Sad

## Keep the kindness going

What is one small act of kindness you want to practice tomorrow?

_____

**Small acts of kindness can make a world of difference.**