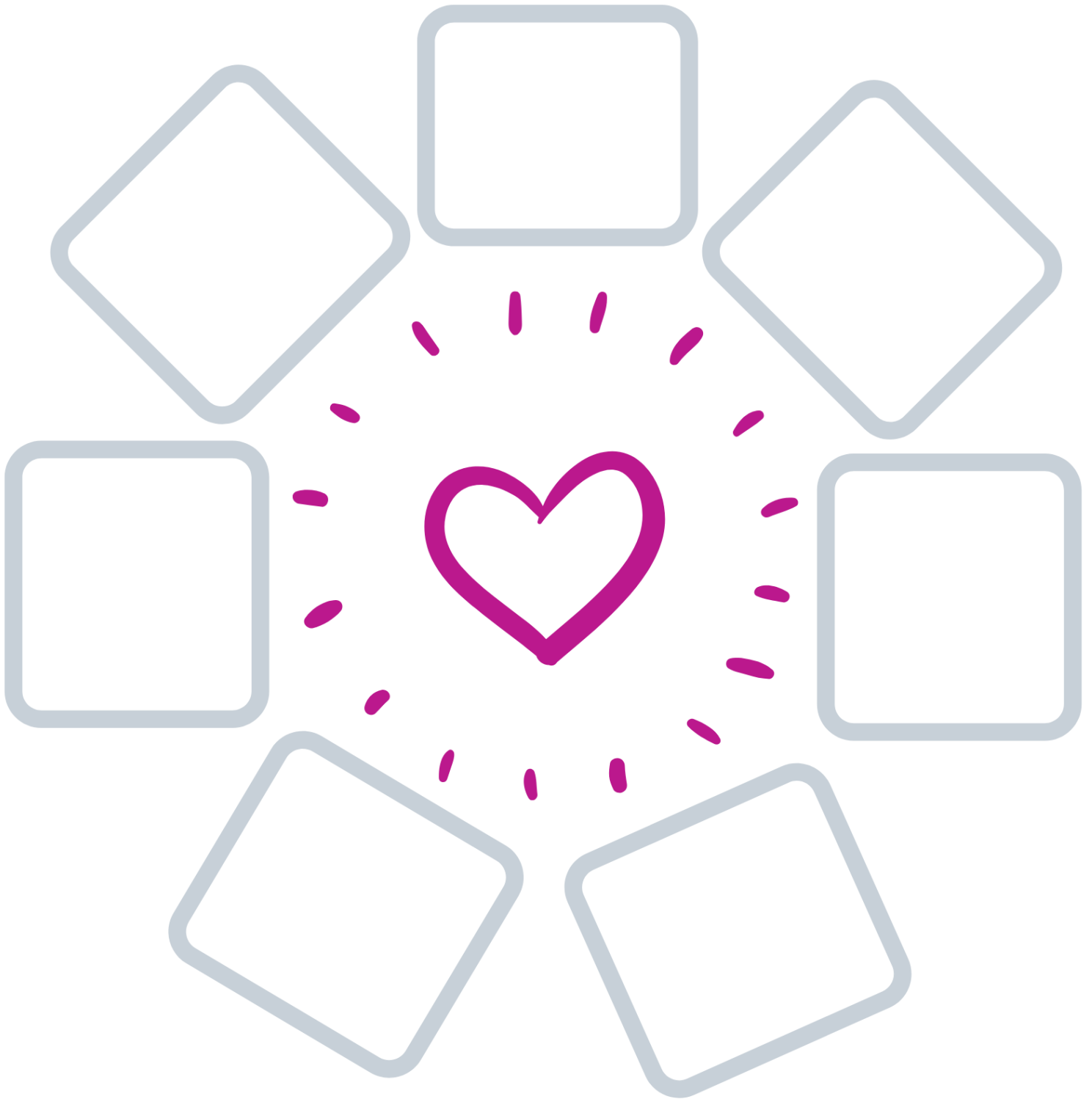


# I AM *Grateful* FOR:



Fill in the boxes and hang this poster up in a spot where you can see it every day to remind you of all that you are grateful for.



# FEELINGS



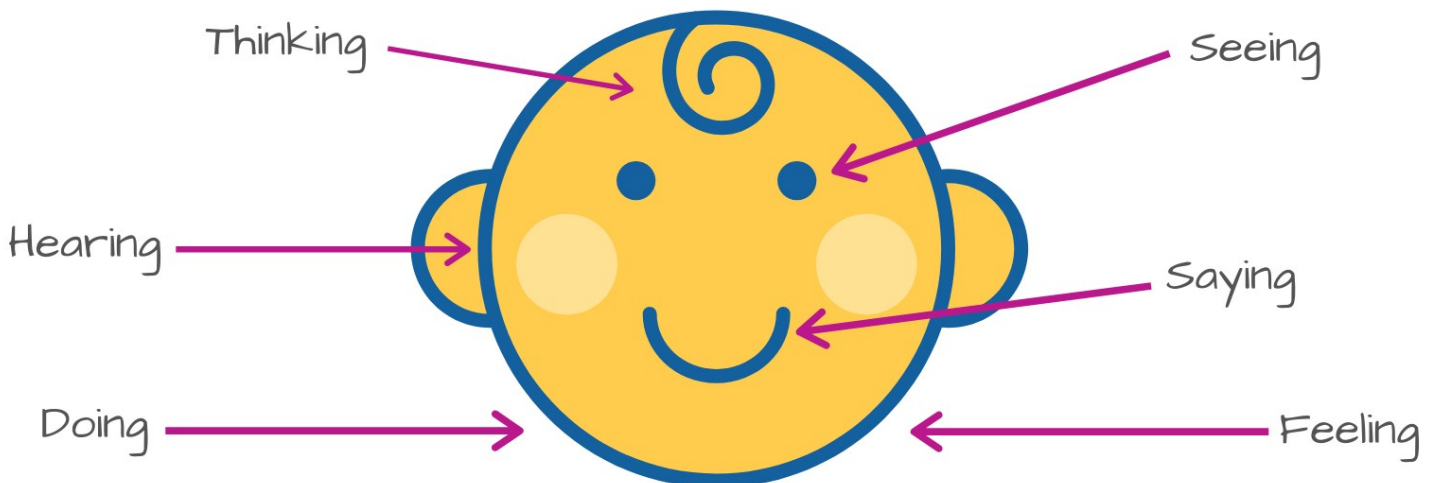
## What emotions is each face displaying?

Ask your child how each emoji is feeling. This will help you gauge if they understand emotions or what level they are at. Then when you see other people out in public, label their emotions to match what you discussed with these.



## UNDERSTANDING OTHERS

Point out other people or watch a show and have your child go through what they think that person is hearing, seeing, doing, thinking, feeling.



# CARING ABOUT OTHERS



## **I treat others with kindness**

STRENGTHS:

WHAT I NEED TO WORK ON:

## **I help others**

STRENGTHS:

WHAT I NEED TO WORK ON:

## **I am sensitive to how others feel**

STRENGTHS:

WHAT I NEED TO WORK ON:

## **My actions and words are always kind**

STRENGTHS:

WHAT I NEED TO WORK ON:

## **I do not hurt others or say mean things**

STRENGTHS:

WHAT I NEED TO WORK ON:

# SPREAD JOY & KINDNESS

Instructions: Cut these cards out to use during dinner (or at bedtime) to reflect on what happened during the day. The conversations that happen may surprise you! Discuss, one positive thing, one challenging thing and one way how each person in the family was thoughtful that day.

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

## DAILY REFLECTION

POSITIVE

CHALLENGING

THOUGHTFUL

WWW.RAISINGKIDSWITHPURPOSE.COM

# Random Acts of Kindness for Kids





Leave a gift on a  
friend's doorstep



Give your mail  
carrier a thank  
you card



Hold open the door  
for someone



Send a card to  
someone in the  
military



Bury treasure  
at the  
park



Leave a painted  
kindness rock at  
the  
park



Wipe off slides at  
parks  
after it  
rains



Walk a dog  
for a friend  
or shelter



Tell someone they  
are special  
to you



Donate clothes  
or toys



Talk and be  
kind to someone  
you don't know



Pick weeds



Give stickers to kids you don't know



Give your teacher flowers



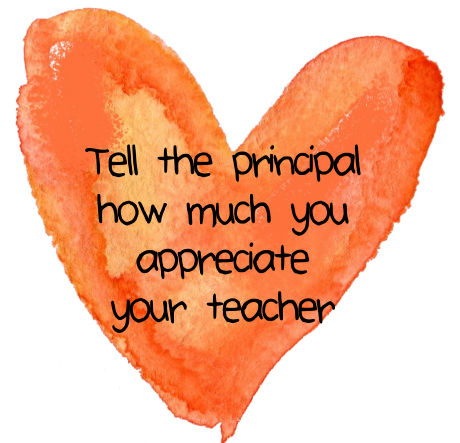
Donate cans of food



Sing songs at a nursing home



Invite friends To play



Tell the principal how much you appreciate your teacher



Host a pajama drive to donate to hospital



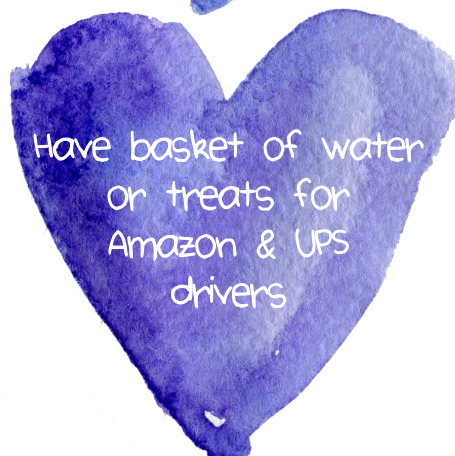
Donate toys to Children's hospital



Turn the water off while brushing teeth



make thank you signs for garbage truck drivers



Have basket of water or treats for Amazon & UPS drivers



make a get well Card for someone who is sick