COLOURING BOOK · FILODIE

# Kindness Is for Sharing

Simple actions that make people feel good



**My name:** _____

**Date:** _____

Six colouring pages to share with an adult. Each page has a short question to talk about together.

# Kind actions



I colour each action. I write who I could do it with.



**Say hello**

With whom: _____



**Share**

With whom: _____



**Listen**

With whom: _____



**Comfort**

With whom: _____



**Encourage**

With whom: _____



**Help**

With whom: _____

**TIP FOR THE ADULT**

Naming the exact action you saw (“You waited your turn”) reinforces it more than “Good job” (CASEL, 2020).

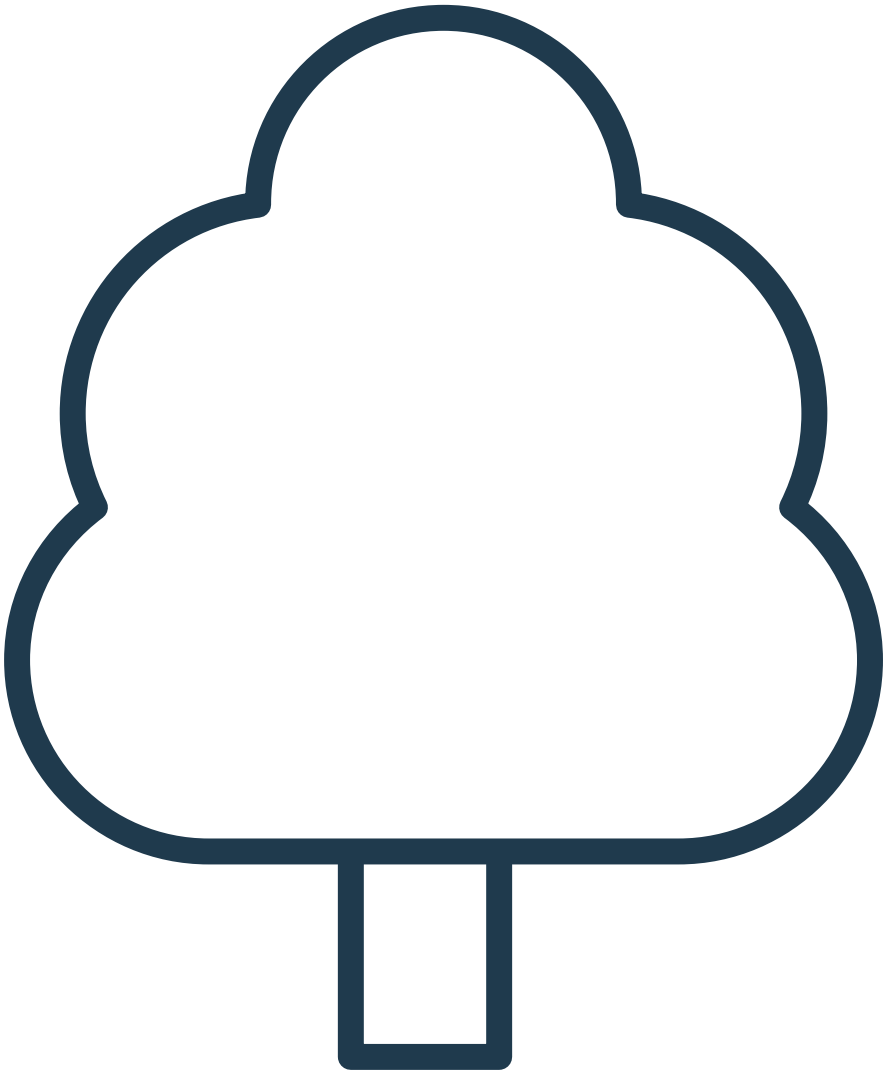


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# My kindness tree



Each time I do something kind, I colour part of the tree or draw a leaf on it.



**My kindest action this week:**

**TIP FOR THE ADULT**

Children aged 9 to 11 who were invited to perform kind acts became better accepted by their peers (Layous et al., 2012).

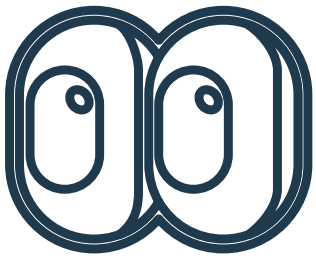


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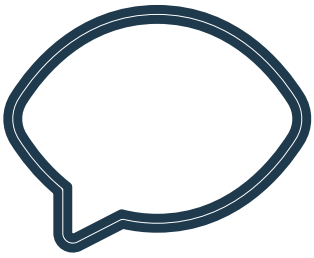
# When someone is sad



I colour what I can do when someone around me is sad.



I notice ☐



I ask: “Are you okay?” ☐



I listen ☐



I comfort ☐



I tell an adult ☐



I’m gentle with myself too ☐

**TIP FOR THE ADULT**

Empathy is learned by example. Show how you notice other people’s feelings and how you respond.



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# My kindness challenge



Each day I do this action, I colour the circle.

| | M | T | W | T | F | S | S |
|---|---|---|---|---|---|---|---|
|  **Say hello with a smile** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
|  **Share or lend** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
|  **Encourage someone** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |
|  **Help without being asked** | ○ | ○ | ○ | ○ | ○ | ○ | ○ |

**TIP FOR THE ADULT**

A short, one-week challenge keeps motivation up. Check in each evening: what kind thing did you do? How did it make the other person feel?



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WELL DONE!

# Well done for your kindness!



This certificate is presented to

_____

for all the kind actions shared this week.

**Date:** _____ **Signed:** _____

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