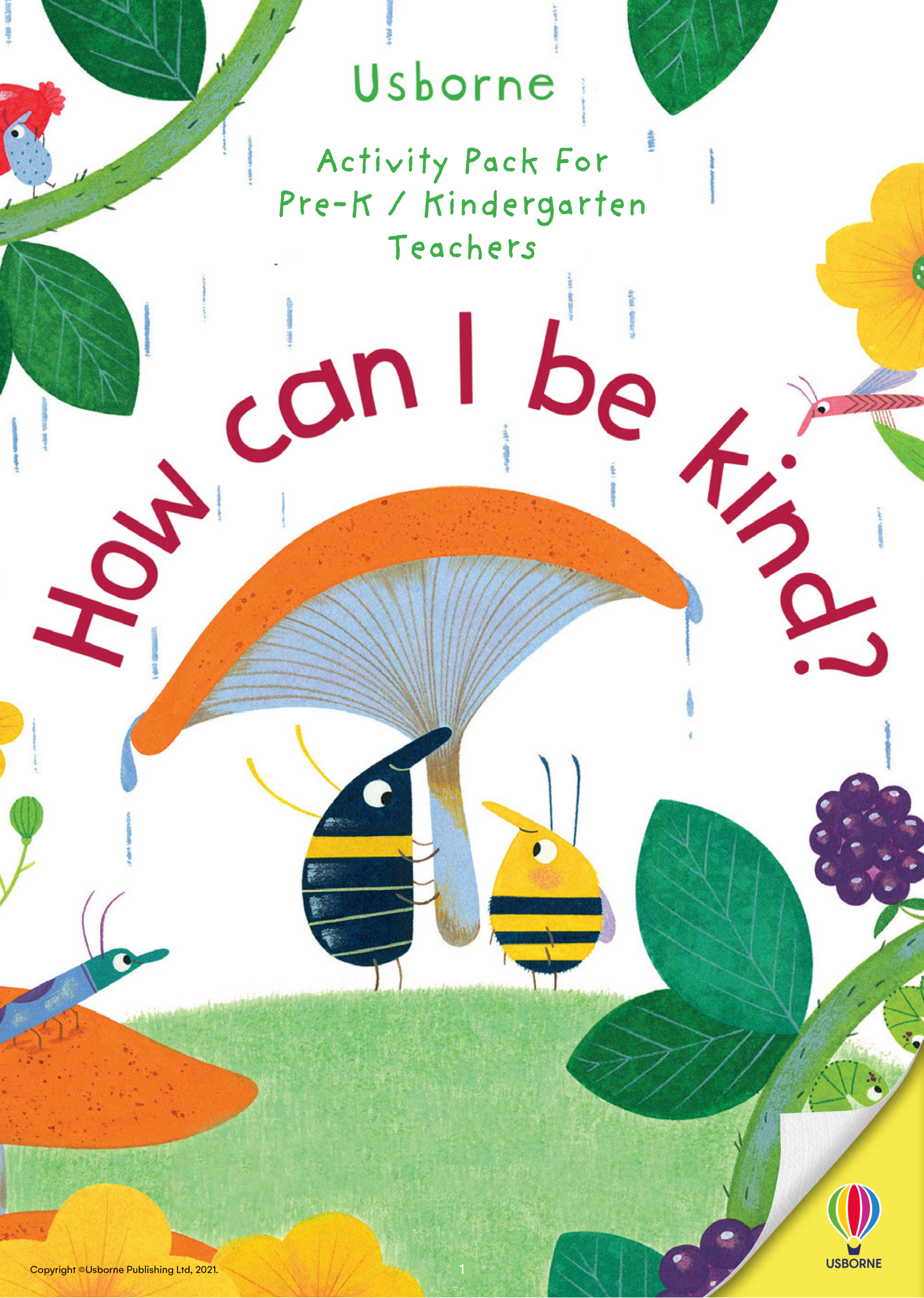


Usborne

Activity Pack For
Pre-K / Kindergarten
Teachers

How can I be kind?



How can I be kind?

The activities in this pack are inspired by *First Questions and Answers: How can I be kind?* They are designed to support teachers to explore kindness with pupils. For Pre-K / Kindergarten.

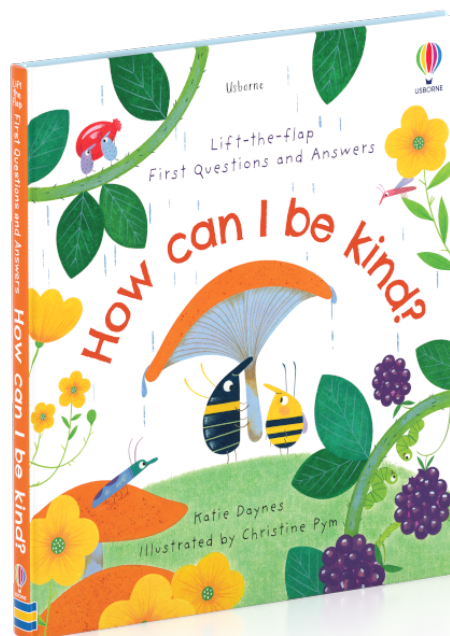


Scan the QR code, or go to <https://qr.usborne.com/2nd2h> to watch an introduction to the book from author Katie Daynes.

About the book

This thoughtful book explores how to be kind and why kindness is so important.

A range of questions helps children and their grown-ups to think, and talk, about being kind to others and ourselves, as well as nature and our planet.



Create a kindness vine

A kindness vine is a great way to show off your own and others' kindness throughout the term or year. When you spot someone being kind, you (or your teacher) can write their name on a leaf ready to go on the vine.

You will need...

1. Some green paper to create your vine.
2. Somewhere prominent to display it (a classroom display board is ideal).
3. Scissors.
4. A grown-up to help you pin your leaf to the vine.

- 1 Find a nice visible spot to display your kindness vine. A classroom display board would be perfect!

- 2 Pick a leaf that best describes how you've been kind recently (e.g. being helpful, or sharing).

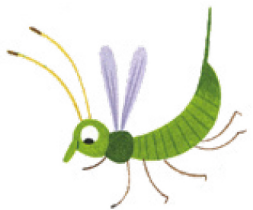
- 3 Write your name on the leaf showing how you have been helpful. This will be one of the vine's first leaves.

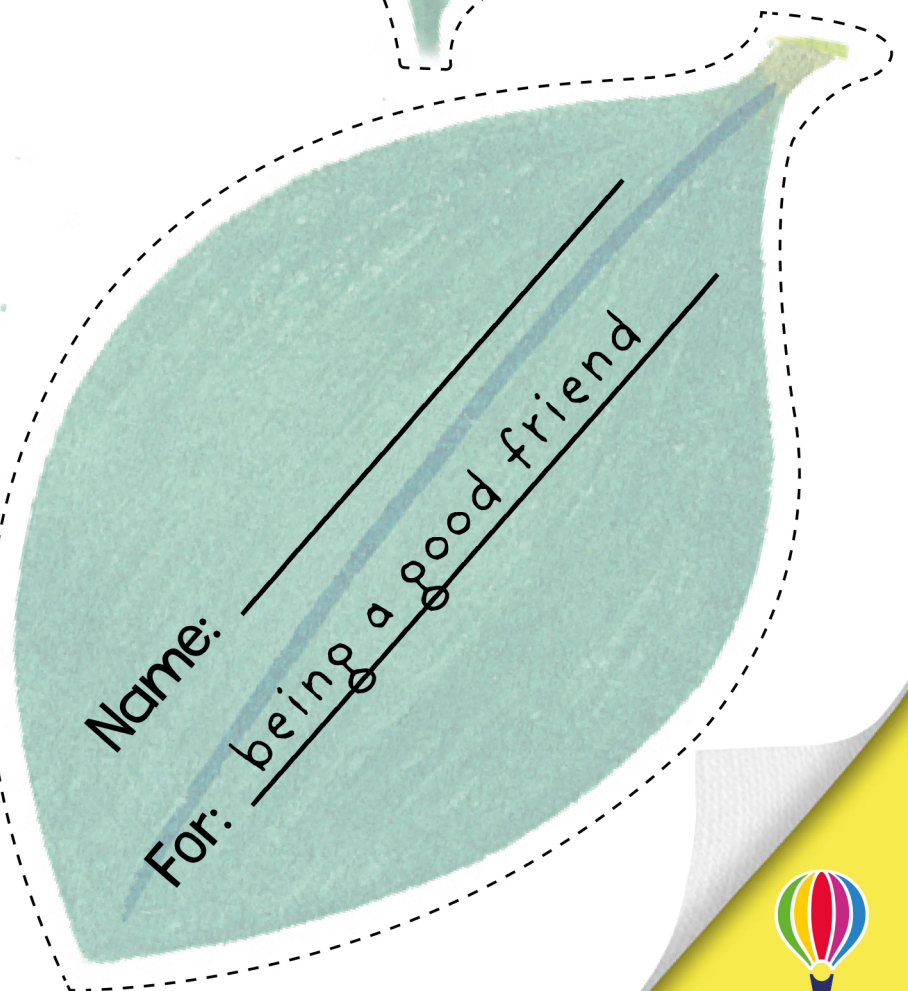
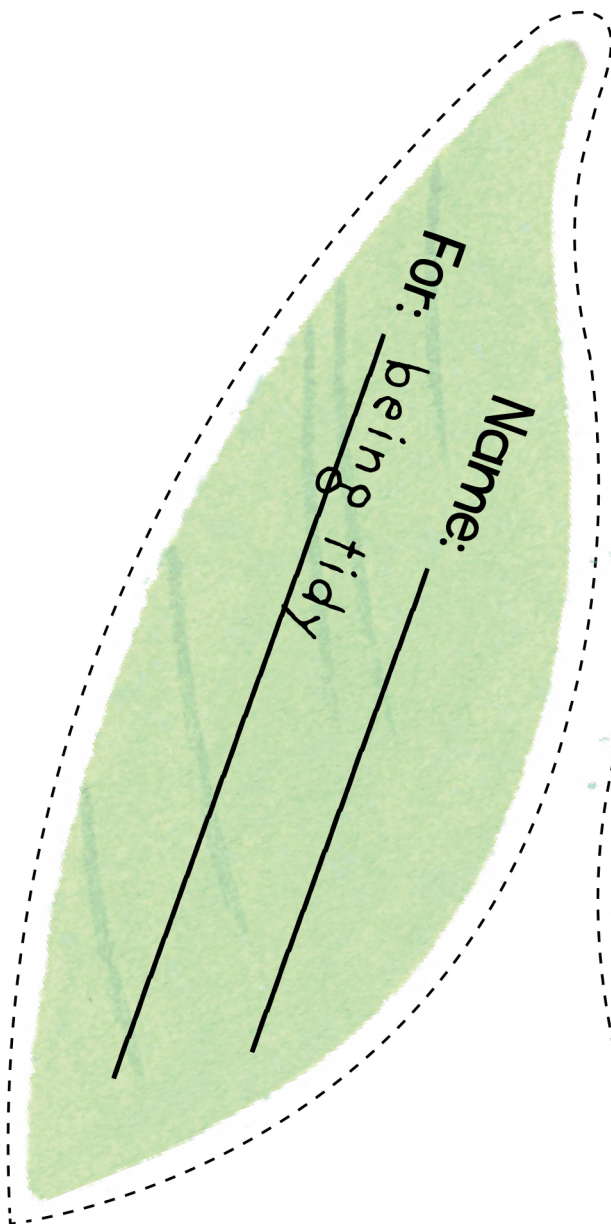
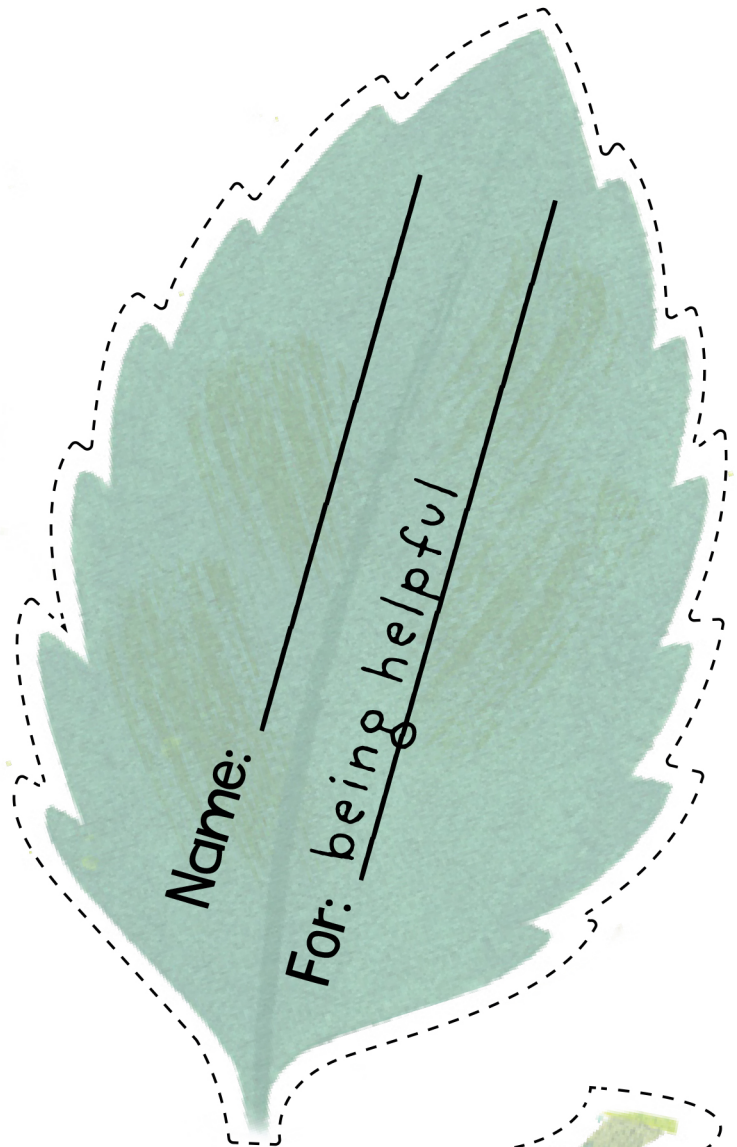
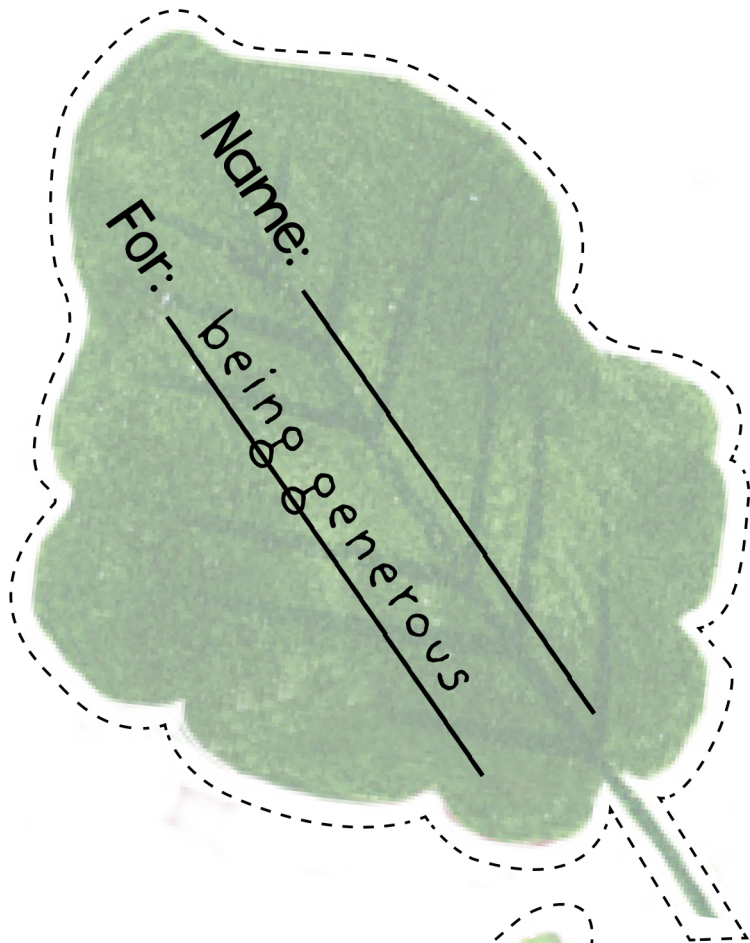
- 4 We have made some leaves for you to use, but you can make your own too!

- 5 You, or your teacher, can add leaves to the vine throughout the year. Soon enough it will be covered in leaves.

Being helpful, a good friend, tidy and generous are all good examples of kindness.

Can you think of any more?





How can I help a plant to grow?

One way of being kind to nature is to look after seeds and help them grow.

- 1 Find a place to plant your seed. This can be in a pot, or on a patch of soil in your school grounds, or garden.



- 2 Fill your pot with soil, or loosen the earth where you plan to plant your seed with the help of a grown-up.



- 3 Make a small hole for your seed to go into. (This should be no deeper than twice the size of the seed itself.)

- 4 Cover your seed with a loose layer of soil and water the ground around it.

- 5 Re-visit your seed and water it regularly.



- 6 Soon you'll be able to watch it grow from a tiny green shoot into a fully grown plant.

If your plant becomes too big for the pot, you could plant it outside to give it more room to grow.



Build a bug home

A bug home is a great way to invite insects into your garden and give them somewhere warm and dry to live. Luckily, bug homes can come in different shapes and sizes and don't need to be too tricky to make.

- 1 Gather up some garden materials such as:

- Sticks and twigs
- Leaves
- Pine cones

- 2 Find a plant pot, a hollow piece of wood or a container.

- 3 Layer your bug home materials in the pot or container, leaving plenty of space for insects to crawl in.

- 4 Find a dry spot for your pot in the sunshine. Rest the pot on its side so it doesn't fill with water.

- 5 Let the insects enjoy their new home!

Don't worry if you can't find all of the items. Even a pile of pine cones or stack of sticks and leaves in a sunny part of the garden will make a home for bugs.

Thank you for using these resources!

We hope you enjoyed them! We would love to see any work you have created. Please share with us on Twitter @Usborne.

