

FEBRUARY 6, 2025  
**KICKOFF FOR KINDNESS**  
A NATIONWIDE SCHOOL KINDNESS PRESENTATION



## Class Guide: Grades K-4

During “Kickoff for Kindness,” you’ll meet some amazing people and hear their kindness stories.  
Here are some things to think about after you watch.

### What does kindness mean to you?

From the list below, **circle** which acts of kindness are most important to you:

- Sharing
- Being fair
- Helping your family
- Being nice to friends
- Being courteous
- Being thankful
- Including others
- Listening
- Helping others
- Sticking up for others

**During the video, which act of kindness was your favorite or meant the most to you? Write or draw a picture about which one you liked the most.**

### Classroom Discussion Questions



**Take turns answering the following questions as a class:**

What does it mean to be kind?

Can you think of a time when someone was kind to you?

How does it make you feel when someone is kind to you?



Imagine you're playing your favorite sport or activity, and the goal is for everyone to be KIND! On your own, or together with your class, come up with your



# "RULES OF THE GAME"



**Rule #1:** \_\_\_\_\_

**Rule #2:** \_\_\_\_\_

**Rule #3:** \_\_\_\_\_

**Rule #4:** \_\_\_\_\_

**Rule #5:** \_\_\_\_\_

## **Kindness Art: Draw a picture of your 'Kindness Jersey'**

**Don't forget your team name, team logo, and your number**

