

# Kindness deLIGHTS

## Kindness Every Day



**RESPOND** to the ways kind words and behaviors can make you and others feel. Acts of kindness spread warm, positive emotions that radiate joy the way bright lights radiate warmth. When we focus on being kind every day, we deLIGHT others and create a ripple effect of spreading kindness.



Greg I.



Logan C.



**CONNECT** your thoughts about how kindness impacts you and others with ideas shared by classmates. Start by writing some catchy phrases that could be combined into a chant or mantra that a group can recite in unison. After each person adds contributions, collaboratively decide on the final chant that the group will recite during a Kindness Certificate sharing ceremony. You may use these examples of chants to inspire you and your group.

I help you.  
You help me.  
A kindness bridge  
Will set us free!

Words are kind.  
Actions too.  
We are kind  
in all we do.

We choose kindness, that's our way.  
Everywhere and every day.

1. JOT DOWN SUGGESTED KEY WORDS OR PHRASES FOR A GROUP CHANT.

### MY DRAFT CHANT

2. DRAFT A MANTRA USING YOUR SUGGESTED PHRASES.

### GROUP'S CHANT

3. WRITE THE FINAL MANTRA THAT RESULTED FROM THE GROUP'S COLLABORATION.



Education

THINKING SHEET

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**CREATE** a *Kindness deLIGHTS* certificate that you'll use to honor someone's acts of kindness. Customize the certificate with messages and images that pertain to the person you are honoring and the kindness you are recognizing. Consider ways your illustrated certificate could show how positive feelings spread like ripples or how acts of kindness spread warmth and light like sunshine.



You may use some of the suggestions below or come up with your own ideas for how to customize the certificate's inspirational statement.

**YOUR KINDNESS IS WARM  
LIKE SUNSHINE.**

*YOUR KINDNESS SPREADS.*

**You are kind every day.**

**You are a kindness role model.**

**KINDNESS CONNECTS US.**

**YOU GIVE THE GIFT OF KINDNESS.**

**Your kind words make  
a difference.**

**YOU CHOOSE TO BE KIND.**

**You're a buddy not a bully.**

**You are unique.**

**You are a special friend.**

**You spread acts of kindness.**

**YOU ARE AMAZING.**

**Thank you for being YOU!**



Ashton S.



**PRESENT** the *Kindness deLIGHTS* certificates during a regularly scheduled ceremonial event, perhaps daily or weekly, when for a few minutes the group celebrates positive interactions. During this kid-run ceremony, chant or sing the mantra that your group created. DeLIGHT each other as you present the stories of kindness that inspired the certificates.

### Kindness deLIGHTS Certificate

THIS CERTIFICATE IS AWARDED TO:

.....  
(Name of the kind person)

IN CELEBRATION OF THIS DELIGHTFUL KINDNESS:

.....  
(Describe the words or act of kindness)

.....  
(Inspirational statement about the recipient's kindness)

PRESENTED BY:

.....  
(Name of individual who received the kindness)

.....  
Date