

Showers of Kindness

Kindness Every Day



CONNECT the proverb "April showers bring May flowers" to your personal experiences of recognizing and appreciating how being showered with kindness can enhance growth.

The spring season is a time of intermittent rain showers that nurture seedlings into flourishing plants. These showers fill creeks and ponds with drinking water for animals and insects. Similarly, an outpouring of kindness in any season can help people find their strengths and grow. Seasonal shifts are a great time of year to notice and celebrate the outpouring of kindness that each of us receives from the people around us.



RESPOND to the random acts of kindness and intentional caring that are showered upon us. Consider what you can learn from others' acts of kindness.

IN EACH RAINDROP, WRITE THE NAME OF SOMEONE WHO WAS KIND TO YOU AND SKETCH THAT PERSON BEING KIND. IF YOU DON'T KNOW THE PERSON'S NAME, WRITE HOW YOU KNOW THEM OR THEIR ROLE, SUCH AS LIBRARIAN, STORE CLERK, CROSSING GUARD, RESTAURANT WAITER, MIDDLE SCHOOL STUDENT, ETC.



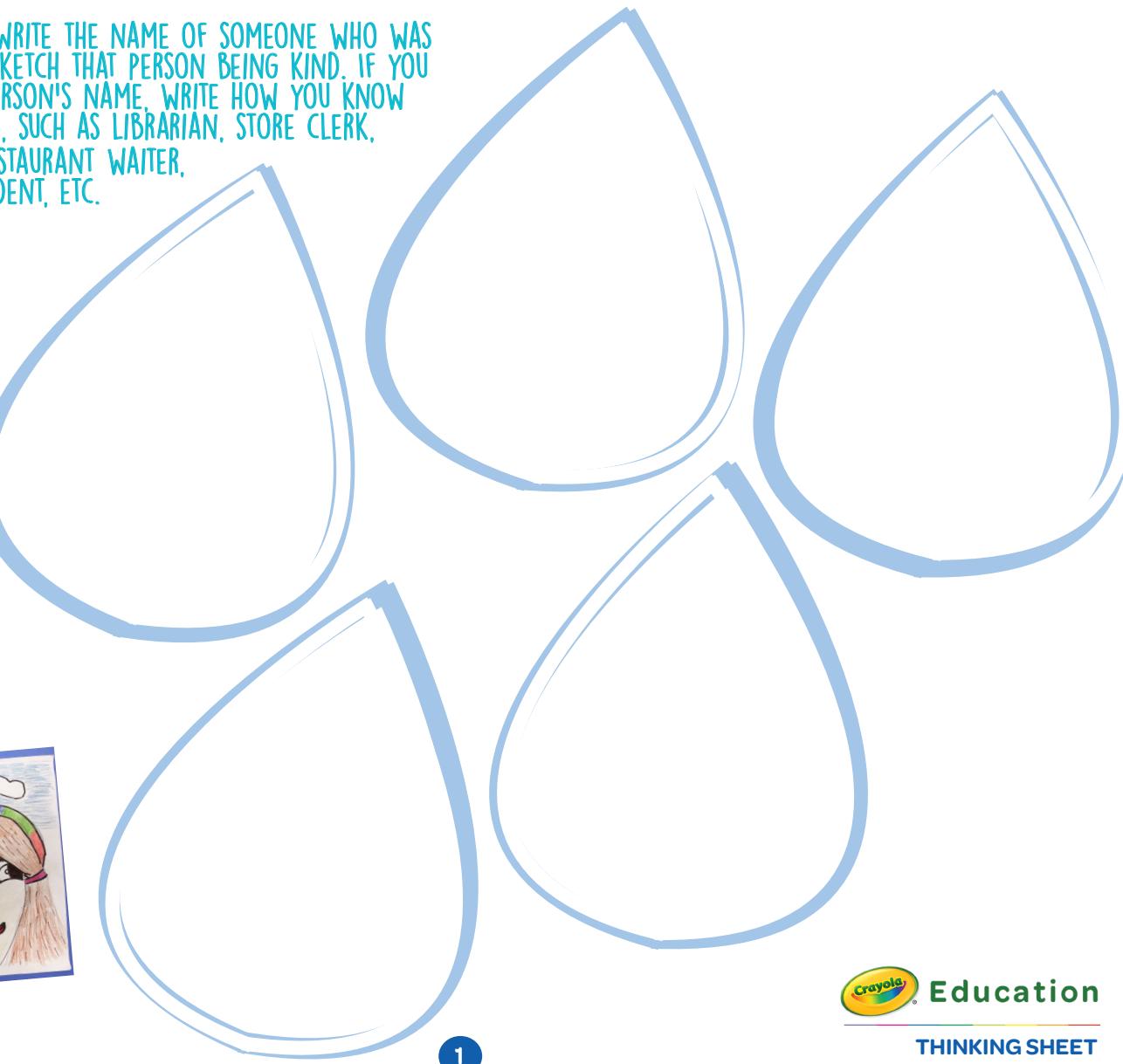
Valeria S.



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CREATE an illustrated acrostic *Kindness Poem* that describes the outpouring of kindness you have received. Acrostic poems start each line with the first letter of a key word or person's name.

In the raindrops on the left write the letters that either spell the word KINDNESS or the name of the person whose kindness you appreciate. For example, if your acrostic poem is built around the word KINDNESS, put a K in the top raindrop, an I in the next, then an N, D, and so on. Or if you are focusing on a person, spell their name in the list of raindrops and add more as needed to write their name.

















Then use the line to the right of each raindrop to write a statement that starts with that letter and expresses your thoughts or feelings. For example, a statement starting with K could be for "Keeps me laughing with her wonderful sense of humor." Or "Knows how to make people feel special."

ADD SMALL SKETCHES FOR EACH LINE OF YOUR POEM.



PRESENT your illustrated acrostic *Kindness Poem* and discuss how you feel when you focus on the kindnesses shown by others.



Kalie D.

