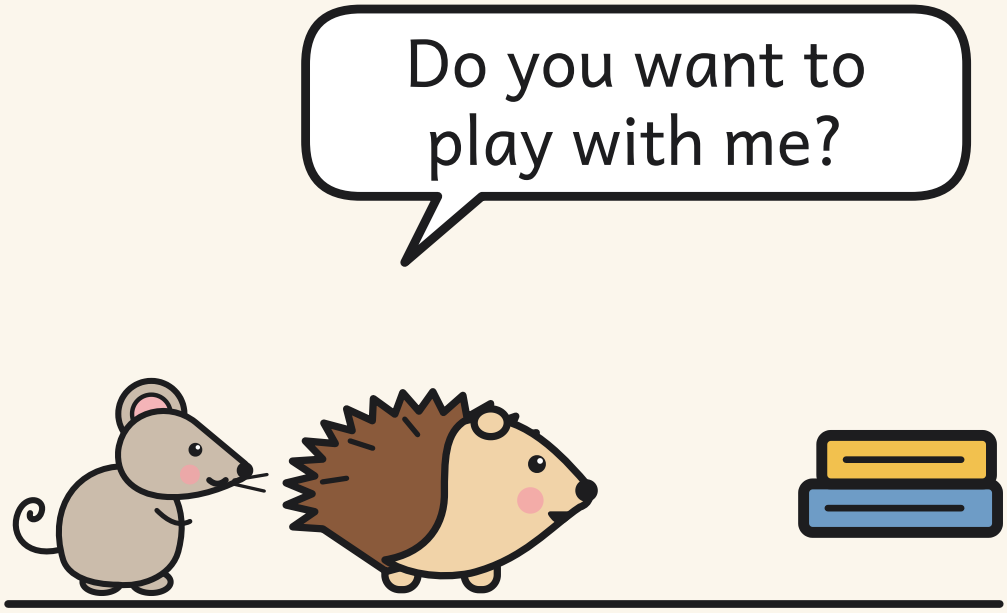
PACK 1 · ANTI-BULLYING WEEK ACTIVITIES

Kind Words Reading Pack

Five gentle worksheets about kindness, friendship and speaking up, at three levels.



Inside this pack

- ☆ Pip Speaks Up: a new story at three levels
- ☆ How Did Hazel Feel? Feelings in the story
- ☆ Friendship Recipe: what makes a good friend
- ☆ Kind Words or Unkind Words?
- ☆ My Kindness Superpower
- ☆ Notes for grown-ups and answer keys

Ages 4–8 · pre-K to 2nd grade
Free printable · US Letter

Change The World With Karyn
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Welcome to the Kind Words Reading Pack

Five gentle worksheets about kindness, friendship and speaking up, for ages 4–8 (pre-K to 2nd grade). They all grow from one new story, Pip Speaks Up, so children meet the ideas first through Pip the hedgehog and Hazel the mouse, our own characters. Answers are on pages 20 and 21.

What's inside

Worksheet	What children do	Levels	Pages
Pip Speaks Up (story)	Read how Pip notices Hazel the mouse being left out again and again, and finds the courage to tell a grown-up	3 levels	4–9
How Did Hazel Feel?	Name how Hazel and Pip feel at each point in the story, and find the words that show it	3 levels	10–12
Friendship Recipe	Pick out what a good friend does, then write a recipe for a good friend	3 levels	13–15
Kind Words or Unkind Words?	Sort words and sentences, then turn an unkind sentence into a kind one	3 levels	16–18
My Kindness Superpower	Draw and write about a time you were kind, or a kind thing you will do this week	All	19

Three levels, one pack

Level	Best for	What changes
★ Short	pre-K and kindergarten	Picture clues and mostly check or color answers
★★ Medium	kindergarten and 1st grade	Feeling words, sentence starters and "how do you know?" questions
★★★ Longer	1st and 2nd grade	Finding evidence in the story, other points of view and writing in their own words

Teacher tips: helping children find the words

- Pause at the moment Pip decides to tell, and ask "What could Pip say?" Model a starter such as "I'm worried about Hazel because..."
- Talk about the difference between telling to get someone into trouble and telling to keep someone safe.
- Name feelings out loud: "Hazel's ears drooped. I think she felt left out." Every feeling is OK; what we do with it matters.
- Let younger children say their answers before they write, or write for them. Thank every child who shares an idea.

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For Grown-Ups

Standards and SEL links

Pip Speaks Up	RL.K.1, RL.1.1, RL.2.1, RL.1.3, RL.2.3
How Did Hazel Feel?	RL.K.3, RL.1.3, RL.2.3; CASEL: social awareness (empathy)
Friendship Recipe	W.K.2, W.1.2, W.2.2; CASEL: relationship skills
Kind Words or Unkind Words?	L.K.5.c, L.1.5.c, L.2.5.a; CASEL: relationship skills
My Kindness Superpower	W.K.3, W.1.3; CASEL: self-awareness

The codes are Common Core (some states use their own standards). The SEL links use the five CASEL competencies.

Talking about the story

- Before reading: "Have you ever felt left out? What helped?"
- During reading: "How do you think Hazel feels? What could Pip do?"
- After reading: "Who could you tell if you were worried about a friend?"

Talking about feelings

- Keep it about the characters. Children can share their own experiences if they want to, but nobody has to.
- Notice that Hazel's feelings changed when someone noticed and a grown-up helped. That's the message of Break the Silence.
- Pip felt worried and was brave anyway. Being brave doesn't mean not feeling scared.

If a child shares something worrying, thank them, listen, and follow your school's safeguarding procedures.

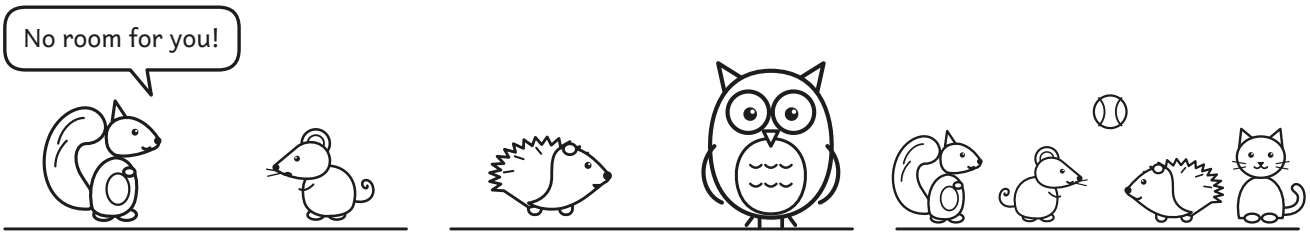
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Name: _____

Pip Speaks Up

★ Short

Read the story. Read it with a grown-up, or on your own.



Pip the hedgehog loves recess.

One day, Pip sees Hazel the mouse on her own. Rusty and Maple say, "No room for you!"

The next day, Hazel is on her own again. Pip feels worried.

Pip tells Miss Owl. "I'm worried about Hazel," says Pip.

"Thank you for telling me," says Miss Owl.

Miss Owl helps. Now everyone plays together!

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Name: _____

Pip Speaks Up: Questions

★ Short

Listen to the story again. Check the right answer.

1 Who is on her own?


Hazel ☐


Pip ☐


Miss Owl ☐

2 How does Pip feel?


happy ☐

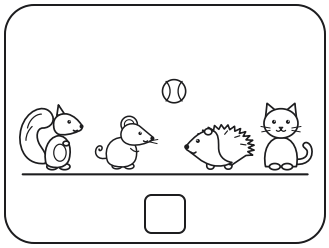

worried ☐

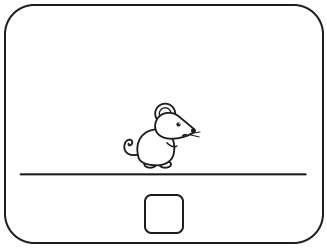
3 Who does Pip tell?


Miss Owl ☐


Rusty ☐

4 What happens at the end?


☐


☐

5 Draw a kind thing you could do for someone on their own.

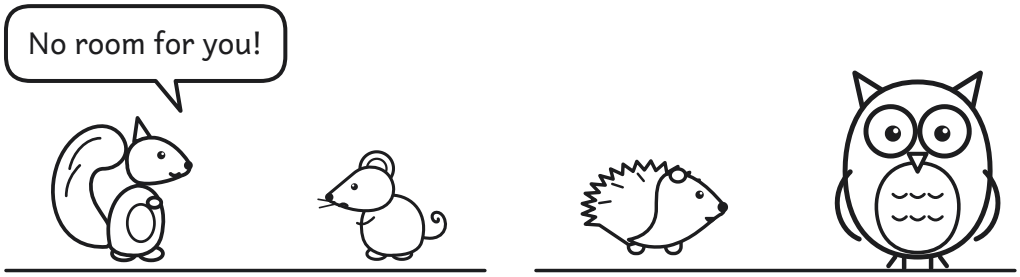
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Name: _____

Pip Speaks Up

★★ Medium

Read the story.



Pip the hedgehog loved recess. Every day, Pip played ball with Rusty the squirrel, Maple the cat and Hazel the mouse.

But one Monday, Rusty grabbed the ball. "No room for you, Hazel," he said. Maple giggled. Hazel sat on the bench by herself.

On Tuesday, it happened again. On Wednesday, it happened again. Hazel stopped smiling, and her ears drooped.

Pip had a wobbly feeling inside. "Hazel is being left out on purpose," Pip thought. "That's not fair."

Pip went to Miss Owl. "Can I tell you something?" Pip asked. "I'm worried about Hazel. She keeps getting left out."

"Thank you for telling me, Pip," said Miss Owl. "That was brave."

The next day, Miss Owl helped the class make a new rule: everyone can join in. Rusty and Maple said sorry to Hazel. Then everyone played ball together, and Hazel smiled her biggest smile.

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Name: _____

Pip Speaks Up: Questions

★★ Medium

Read the story again, then answer the questions.

1 Who was left out?

☐ Pip ☐ Hazel ☐ Rusty

2 What did Rusty say to Hazel?

_____

3 On which days was Hazel left out?

_____

4 How did Hazel feel? How do you know?

_____

_____

5 Who did Pip tell?

☐ Maple ☐ Miss Owl ☐ nobody

6 What new rule did the class make?

_____

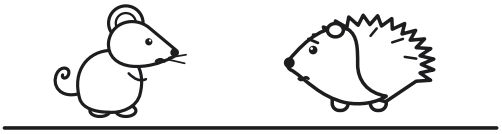
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Name: _____

Pip Speaks Up

★★★ Longer

Read the story.



Pip the hedgehog loved recess more than anything. Every day, Pip played ball with Rusty the squirrel, Maple the cat and Hazel the mouse.

But one Monday, everything changed. Rusty grabbed the ball and said, "No room for you, Hazel." Maple giggled behind her paw. Hazel sat on the bench by herself, watching.

On Tuesday, it happened again. On Wednesday and Thursday, it happened again. Hazel stopped smiling, and her ears drooped.

Pip noticed. "Hazel is being left out on purpose, again and again," Pip thought. "That isn't fair."

Pip didn't want to be a tattletale. But Pip remembered what Miss Owl always said: telling to keep someone safe is always OK.

So at lunchtime, Pip took a deep breath and went to Miss Owl. "Can I tell you something?" Pip asked. "I'm worried about Hazel. She keeps getting left out, every day."

Miss Owl listened carefully. "Thank you for telling me, Pip," she said. "That was very brave."

The next day, Miss Owl helped the class talk about kind playtimes, and they made a new rule: everyone can join in. Rusty and Maple said sorry to Hazel.

That afternoon, everyone played ball together. Hazel scored the winning goal, and her ears stood up tall again.

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Name: _____

Pip Speaks Up: Questions

★★★ Longer

Look back at the story to find your answers.

1 Why did Hazel sit on the bench by herself?

2 Find and copy the words that show it happened again and again.

3 "Her ears drooped." What does *drooped* mean? Check one.

☐ stood up tall ☐ hung down ☐ wiggled about

4 At first, Pip didn't want to be a tattletale. Why did Pip decide to tell?

5 How do you know Hazel felt happy at the end? Find the evidence.

6 What could you do if you saw someone being left out?

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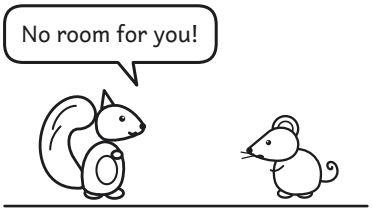
Name: _____

How Did Hazel Feel?

★ Short

Think about the story **Pip Speaks Up**. Check the face that shows the feeling.

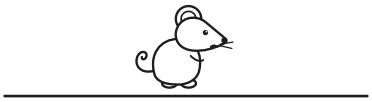
1



Rusty says, "No room for you!" How does **Hazel** feel?

happy ☐ sad ☐ worried ☐

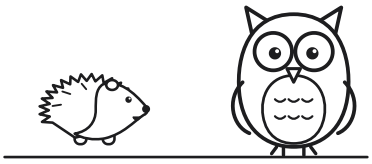
2



The next day, Hazel is on her own again. How does **Hazel** feel?

happy ☐ sad ☐ worried ☐

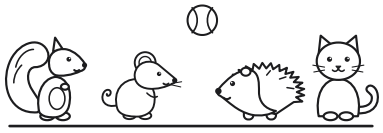
3



Pip tells Miss Owl. How does **Pip** feel?

happy ☐ sad ☐ worried ☐

4



Everyone plays together. How does **Hazel** feel?

happy ☐ sad ☐ worried ☐

How do **you** feel when someone asks you to play? Draw your face.

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Name: _____

How Did Hazel Feel?

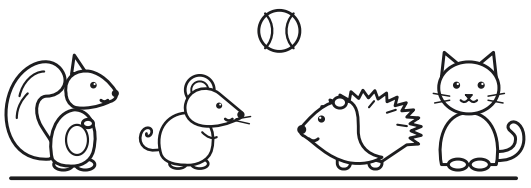
★★ Medium

Read each part of the story. Write a **feeling word** to show how the character feels.

sad | left out | lonely | worried | nervous | brave | proud | happy | included

	What happens	Who?	Feeling
1	Rusty says, "No room for you, Hazel."	Hazel	
2	Hazel sits on the bench by herself, day after day.	Hazel	
3	Pip has a wobbly feeling inside.	Pip	
4	Miss Owl says, "Thank you for telling me, Pip. That was brave."	Pip	
5	Everyone plays ball together.	Hazel	

6 What helped Hazel feel better?



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Name: _____

How Did Hazel Feel?

★★★ Longer

Look back at **Pip Speaks Up**. How did each character feel? Find words in the story that show it.

What happens	Who?	How did they feel?	How do you know?
Hazel sat on the bench by herself, watching.	Hazel		
Pip went to tell Miss Owl.	Pip		
Miss Owl listened carefully.	Pip		
Hazel scored the winning goal.	Hazel		

5 How do you think Rusty felt when he said sorry? Why?

6 Why is it important to notice how other people feel?

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Name: _____

Friendship Recipe

★ Short

What makes a good friend? **Color** the things a good friend does. **Cross out** the things that are not kind.



A good friend **shares**



A good friend **listens**



A good friend **helps**



A good friend **says kind words**



A good friend **takes turns**



A good friend **grabs your things**



A good friend **says "Go away!"**



A good friend **asks you to play**

Draw you and a friend doing something kind together.

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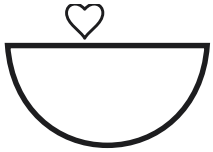
Friendship Recipe

★★ Medium

What makes a good friend? Choose words from the box to fill in the recipe.

kindness | sharing | listening | helping | taking turns | saying sorry | including everyone | telling the truth | fun

My Friendship Recipe



Ingredients

1 cup of _____

2 spoons of _____

a big scoop of _____

a pinch of _____

a sprinkle of _____

Method

Mix it all together, then share it with

_____

A good friend always

_____

A good friend never

_____

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Name: _____

Friendship Recipe

★★★ Longer

Write your own recipe for *a* **good friend**. Give each ingredient an amount, such as "2 cups of listening".

Ingredients

1 _____

2 _____

3 _____

4 _____

5 _____

Method

1 Mix _____

2 Add _____

3 Stir _____

4 Sprinkle _____

Serve with

_____

Which ingredient matters most to you? Why?

_____

_____

Word ideas: kindness, loyalty, trust, honesty, patience, sharing, listening, helping, including everyone, saying sorry.

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Name: _____

Kind Words or Unkind Words?

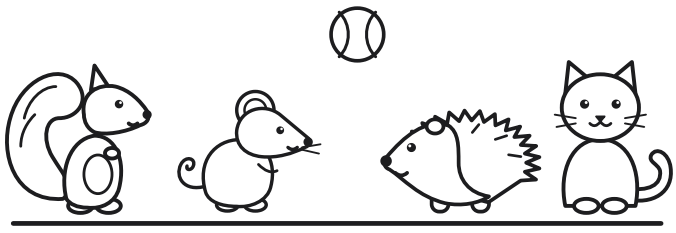
★ Short

Read the words with a grown-up. **Color** the kind words. **Cross out** the unkind words.



Thank you!	Go away!
Well done!	You can't play.
Please	Come and play!

Now say a kind word to a friend. How does it make them feel?



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Name: _____

Kind Words or Unkind Words?

★★ Medium

Read each sentence. Is it **kind** or **unkind**? Check one box.

Sentence	Kind	Unkind
You can sit with me.	☐	☐
Your picture is silly.	☐	☐
Are you OK?	☐	☐
Nobody wants to play with you.	☐	☐
Good try!	☐	☐
Thank you for helping.	☐	☐
You're too slow.	☐	☐
Let's take turns.	☐	☐

Change it!

Turn this unkind sentence into a kind one: "**Your picture is silly.**"

_____

_____

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Name: _____

Kind Words or Unkind Words?

★★★ Longer

A. Sort the words

Write each word in the right column.

gentle | mean | helpful | rude | caring | bossy | friendly | unfair

Kind words	Unkind words

B. Make it kind

Rewrite each unkind sentence so it is kind.

1 "Go away!"

_____

2 "Your drawing is messy."

_____

3 "You can't play."

_____

4 "You're bad at catching."

_____

C. Write a kind message for someone in your class

_____

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Name: _____

My Kindness Superpower

Draw yourself using your kindness superpower!



My kindness superpower is

_____

I was kind when I

_____

This week, I will

_____

Say your sentence out loud before you write it.

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Answers

Accept any answer that shows the same understanding, in the child's own words.

Pip Speaks Up

★ Short

1. Hazel the mouse

2. worried

3. Miss Owl

4. Everyone plays together.

5. Any kind idea, such as asking them to play.

★★ Medium

1. Hazel

2. "No room for you, Hazel."

3. Monday, Tuesday and Wednesday.

4. Sad or lonely. She stopped smiling, and her ears drooped.

5. Miss Owl

6. Everyone can join in.

★★★ Longer

1. Rusty said there was no room for her: she was being left out.

2. "On Tuesday, it happened again. On Wednesday and Thursday, it happened again."

3. hung down

4. Pip remembered that telling to keep someone safe is always OK, and Hazel was being left out on purpose, again and again.

5. She scored the winning goal, and her ears stood up tall again.

6. Any kind, safe idea: invite them to play, sit with them, or tell a grown-up you trust.

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Answers

How Did Hazel Feel?

Accept any feeling a child can explain. These are the most likely answers.

★ Short

1. sad **2.** sad **3.** worried (and brave, too) **4.** happy

★★ Medium

1. Hazel: sad or left out **2.** Hazel: lonely or sad **3.** Pip: worried or nervous **4.** Pip: brave or proud **5.** Hazel: happy or included **6.** Pip told Miss Owl, the class made a new rule that everyone can join in, and Rusty and Maple said sorry.

★★★ Longer

1. Hazel: Sad, left out or lonely. Evidence: "Hazel stopped smiling, and her ears drooped."

2. Pip: Nervous, but brave. Evidence: "Pip took a deep breath" before telling Miss Owl.

3. Pip: Relieved or proud. Evidence: Miss Owl said, "Thank you for telling me, Pip. That was very brave."

4. Hazel: Happy and included. Evidence: "Her ears stood up tall again."

5. Any answer with a reason, such as sorry, embarrassed, or glad to make things right.

6. Any answer with a reason, such as "so we can help them" or "so nobody feels left out".

Friendship Recipe

★ Color: shares, listens, helps, says kind words, takes turns, asks you to play. Cross out: grabs your things, says "Go away!".

Medium and Longer: any kind ingredients, such as "1 cup of listening" or "a sprinkle of fun".

Kind Words or Unkind Words?

★ Kind: "Thank you!", "Well done!", "Please", "Come and play!". Unkind: "Go away!", "You can't play.".

★★ Kind: "You can sit with me.", "Are you OK?", "Good try!", "Thank you for helping.", "Let's take turns.". Unkind: "Your picture is silly.", "Nobody wants to play with you.", "You're too slow.". "Your picture is silly" could become "I like the colors in your picture."

★★★ A. Kind words: gentle, helpful, caring, friendly. Unkind words: mean, rude, bossy, unfair. B. Any kind version, for example: "Go away!" could become "Can I have some space, please?"; "Your drawing is messy." could become "I like the colors in your drawing."; "You can't play." could become "You can play in the next game."; "You're bad at catching." could become "Good try! Shall we practice together?". C. Any kind message.

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