PACK 4 · ANTI-BULLYING WEEK ACTIVITIES

Kindness Week

Keep kindness going from World Kindness Day to the last day of Anti-Bullying Week.



Inside this pack

- Kindness Passport with a Friday the 13th challenge
- Be Kind to You at three levels
- Kind Online at three levels
- Compliment Fortune Teller
- Kindness Certificate
- Teacher notes and suggested answers

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

Change The World With Karyn
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Welcome to Kindness Week

World Kindness Day falls on November 13 every year, just before Anti-Bullying Week. This pack keeps kindness going all week: kindness to others, kindness online and kindness to yourself.

What's inside

Activity	What children do	Levels	Page
Kindness Passport	Collect a stamp for each day from World Kindness Day to the last day of Anti-Bullying Week, plus a Friday the 13th challenge	All	3–5
Be Kind to You	Find ways to calm big feelings, and turn unkind thoughts about yourself into kind ones	3 levels	6–8
Kind Online	Spot kind and unkind messages, and know what to do if something online upsets you	3 levels	9–11
Compliment Fortune Teller	Fold a fortune teller with kind messages inside and play it with a friend	All	12
Kindness Certificate	Celebrate every child's kindness at the end of the week	All	13

Suggested answers are on page 14.

Choosing a level

★ **Starter** for pre-K and kindergarten · ★★ **Medium** for kindergarten and 1st grade · ★★★ **Challenge** for 1st and 2nd grade.

Kindness tips that stick

- **Name the kind act.** "Thank you for waiting for Sam" tells a child exactly what to repeat, while "good job" doesn't.
- **Count kindness to yourself too.** Taking a deep breath or asking for help is a kind choice. Our box breathing video on Learn with Karyn goes well with Be Kind to You.
- **Keep it safe.** If a child often says unkind things about themselves, seems very low, or tells you about something worrying online, speak to your school counselor or principal.

Curriculum links

Kindness Passport: CASEL: relationship skills. **Be Kind to You:** CASEL: self-awareness and self-management. **Kind Online:** CASEL: responsible decision-making; digital citizenship. **Compliment Fortune Teller:** CASEL: relationship skills. **Kindness Certificate:** CASEL: self-awareness.

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Kindness Passport

Cut out the pages and staple them into a little book, or keep them as they are. Fill in one page each day.

MY

Kindness Passport

Name: _____

Collect a stamp every day you do something kind.

draw yourself here

Day 1

World Kindness Day

Date: _____

stamp or sticker

My kind act (draw or write):

Day 2

Odd Socks Day

Date: _____

stamp or sticker

My kind act (draw or write):

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Kindness Passport

Day 3

Anti-Bullying Week

Date: _____

stamp or sticker

My kind act (draw or write):

Day 4

Anti-Bullying Week

Date: _____

stamp or sticker

My kind act (draw or write):

Day 5

Anti-Bullying Week

Date: _____

stamp or sticker

My kind act (draw or write):

Day 6

Last day of Anti-Bullying Week

Date: _____

stamp or sticker

My kind act (draw or write):

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Name: _____

Friday the 13th Kindness Challenge

World Kindness Day is on November 13. Can you **do or spot 13 kind things** today? Check each one when it happens.

1 Someone shares ☐	**2** Someone says "thank you" ☐	**3** Someone holds a door open ☐
4 Someone helps tidy up ☐	**5** Someone asks, "Do you want to play?" ☐	**6** Someone says something kind ☐
7 Someone takes turns ☐	**8** Someone helps a friend who is upset ☐	**9** Someone says sorry ☐
10 Someone listens to a friend ☐	**11** Someone waves hello to a new friend ☐	**12** Someone helps a grown-up ☐
13 Someone takes a deep breath to stay calm ☐	We did it!★★★	A kind thing I did today:

In 2026, World Kindness Day falls on Friday the 13th, so let's make it a lucky, kind day!

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Name: _____

Be Kind to You

★ Starter

Being kind to yourself matters too! When you have big feelings, what helps you feel calm? **Circle** the ones you like.



Take slow, deep breaths



Talk to a grown-up



Have a hug from someone I love



Have a drink of water



Draw how I feel



Stretch up tall like a star



Look at a book



Rest somewhere quiet

Draw yourself feeling calm and happy.

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Name: _____

Be Kind to You: My Calm Plan

★★ Medium

Being kind to yourself matters too. Make a plan for when you have big feelings.

1. When I feel upset, I can...

take deep breaths · talk to a grown-up · have a drink of water · draw my feelings · stretch · read a book · rest somewhere quiet · have a hug

_____

_____

_____

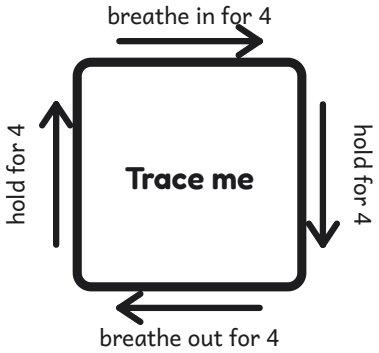
2. A grown-up I can talk to is

_____

3. Kind words I can say to myself

Circle two.

I can try again. · It's OK to make mistakes. · I am brave. · I can ask for help. · This feeling will pass.



Box breathing. Trace the square with your finger. Breathe in as you go along the top, hold, breathe out along the bottom, and hold again. Count to 4 on each side.

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Name: _____

Be Kind to You: Kind Words to Myself

★★★ Challenge

Sometimes we say unkind things to ourselves inside our heads. Turn each **unkind thought** into a **kind thought**.

Unkind thought	Kind thought
"I can't do it."	
"I always get it wrong."	
"I'm no good at this."	
"Nobody wants to play with me."	

My calm plan

Write three things you can do when you have big feelings, and who you could talk to.

1

_____

2

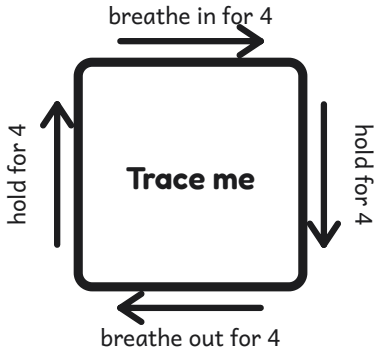
_____

3

_____

I could talk to

_____



Box breathing: count to 4 on each side.

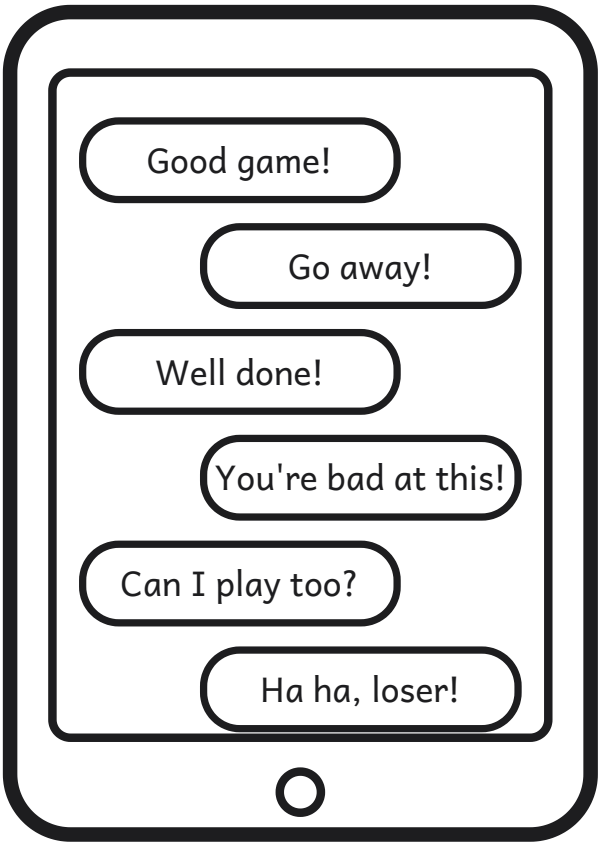
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Name: _____

Kind Online

★ Starter

Be kind online, just like at school. **Color** the kind messages. **Cross out** the unkind ones.



If something online makes you feel sad, scared or worried, what should you do?



Tell a grown-up ☐



Keep it a secret ☐

> Remember: you can always tell a grown-up you trust.

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Name: _____

Kind Online

★★ Medium

Read each one. Is it *a* **kind and safe** thing to do online? Check one box.

What happens	Kind and safe	Unkind or unsafe
Saying "good game" after you play	☐	☐
Sharing *a* photo of *a* friend without asking them	☐	☐
Leaving someone out of an online game on purpose	☐	☐
Showing *a* grown-up *a* message that worried you	☐	☐
Sending *a* smiley face to cheer up *a* friend	☐	☐
Writing an unkind comment about someone's drawing	☐	☐
Asking before you share *a* picture of someone	☐	☐
Sending *a* mean message on to other people	☐	☐

Our class rule for being kind online

_____

_____

> If something online makes you feel worried, sad or confused, **stop and tell *a* grown-up you trust.**

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Name: _____

Kind Online: What Should You Do?

★★★ Challenge

Read each situation. Write what you should do. Think about **STOP**: is it happening several times on purpose?

1 A player in a game keeps sending you unkind messages. What should you do?

2 Someone shares a silly photo of your friend in a group chat, and people are laughing. What should you do?

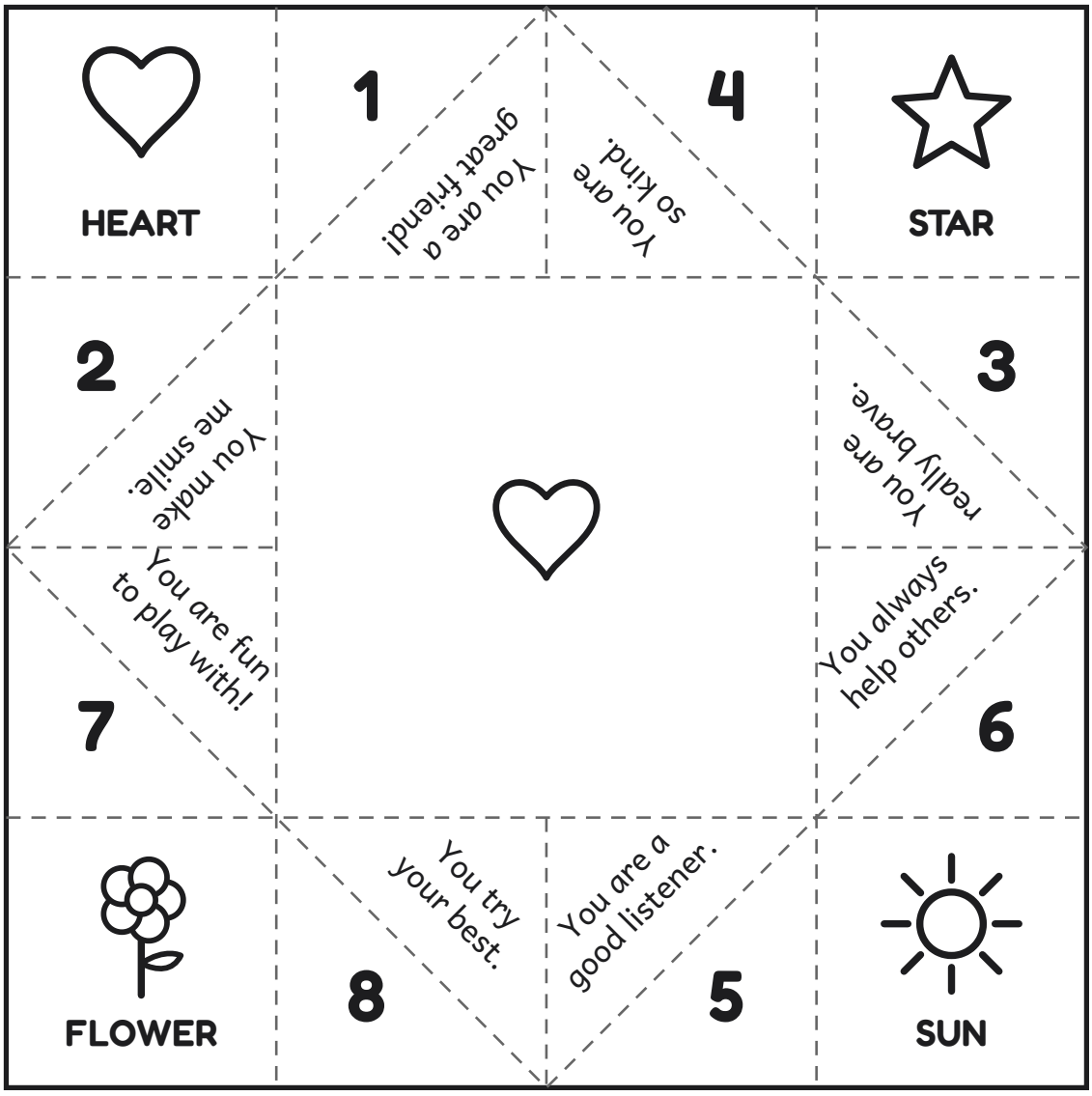
3 Every day, your friend is left out of the class game online. What should you do?

4 You get a message that says, "Don't tell anyone." What should you do?

> **Remember:** only write things online that you would say kindly to someone's face. If something online worries you, stop and tell a grown-up you trust.

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Compliment Fortune Teller



1. Cut out the big square. Color the four corner pictures.
2. Turn it over so the printing is face down. Fold each corner into the middle.
3. Turn it over again. Fold each corner into the middle again. Now you can see the numbers.
4. Fold it in half, then open it out. Slide your thumbs and fingers under the four picture squares and push them together.
5. To play: a friend picks a picture. Open and close once for each letter. They pick a number, and you count it out. They pick again, and you lift that flap to read their compliment!

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Kindness Certificate

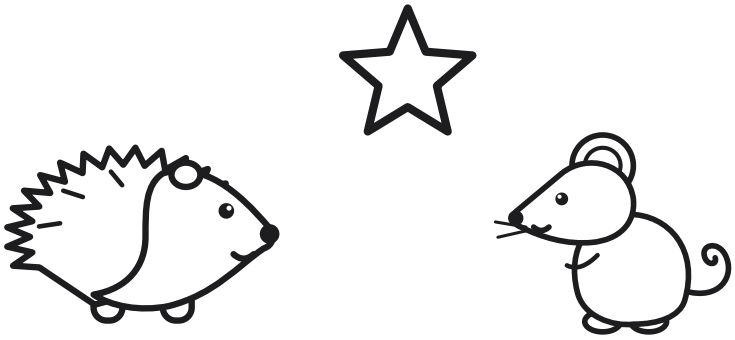
This certificate is for

_____

for being kind by

_____

_____



Thank you for making our class a kinder place!

Signed: _____ Date: _____

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Suggested Answers

Accept any kind, safe answer a child can explain.

Be Kind to You

Starter and Medium: there are no wrong answers. Every child's calm plan is their own.

★★★ **Challenge.** For example: "I can't do it." could become "I can't do it yet."; "I always get it wrong." could become "Mistakes help me learn."; "I'm no good at this." could become "I'm still learning."; "Nobody wants to play with me." could become "I can ask someone to play, or tell a grown-up how I feel.".

Kind Online

★ **Starter.** Kind: "Good game!", "Well done!", "Can I play too?". Unkind: "Go away!", "You're bad at this!", "Ha ha, loser!". If something online makes you feel sad, scared or worried: tell a grown-up.

★★ **Medium.** 1. kind and safe; 2. unkind or unsafe; 3. unkind or unsafe; 4. kind and safe; 5. kind and safe; 6. unkind or unsafe; 7. kind and safe; 8. unkind or unsafe.

★★★ **Challenge.**

1. Don't reply. Show a grown-up, and ask them to help you block or report the player.

2. Don't share it or laugh. Tell a grown-up, and check your friend is OK.

3. Invite them to join. If it keeps happening on purpose, it could be bullying, so tell a grown-up.

4. Tell a grown-up you trust. "Don't tell" is a reason to tell.

Passport, fortune teller and certificate

There are no wrong answers. Every kind act counts, including being kind to yourself.

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