

# Kindness Menu

March/April 2020



*...because NOW is the time to spread kindness*

Select one or more of these options--or create your own--and let your teacher know what you've done. We can't wait to hear all about it!

- 1) **Give a compliment (or a few!).** Try giving each member of your family one or two compliments each day. Tell your brother what a great basketball player he is. Tell your mom she makes great pancakes.
- 2) **Read someone a book.** Do you have a younger sibling? A pet that will sit still? A young cousin you could call or send a video to? Give the gift of a great book to someone.
- 3) **Find a new home for things you don't use:** Now's a great time to go through your books, clothes, and toys. Check with a grown up and then make piles of stuff to donate or give to a friend. You might have found someone else's treasure!
- 4) **A picture is worth a thousand words:** We bet your grown ups have boxes or albums of old photographs. Spend time with someone who knows something about the photos. Sit and listen and ask questions. Before cell phone cameras, we had to carry around cameras and film!
- 5) **Make a poster with a positive phrase or quote.** Use color and take care with it. Better yet, create a gallery of positivity in your house!
- 6) **Write a thank you card (or a few!):** Maybe you're now realizing how much you love that sweater that Aunt Sophie sent you over the holidays? Or, maybe you are grateful that your second grade teacher taught you how to tell time. Let them know! Write a thank you card--be specific and tell that person why that gift is so important to you. No thank you cards? Make a few before you start!

7) **Share a skill:** Do you love baking? With a grown up's permission, bake a dozen cookies and leave them on your neighbor's front steps. Enjoy tootling on your recorder? Call a grandparent and play them Hot Cross Buns. Are you a joke teller? Now is a great time to share laughs. Video yourself as a stand up comic and send the video to anyone who needs a smile.

8) **We bet you are an expert on something!** Create a "how to" book for someone you know. Do you make an amazing peanut butter and jelly sandwich? Do you have a wicked pitch? Teach someone in a book. Be clear and descriptive and share your knowledge!

9) **Tell someone why you love them.** Create an acrostic poem for them, make a list, use some similes ("I love that your smile is like a bridge over a river of fudge.") Illustrate your poem and put a fun border around it.

10) **Make a card for someone who needs a visitor.** Lots of folks can't have visitors right now. Create a card for someone in a nursing facility nearby... "Thinking of you," or "Hope you know someone is thinking about you today." Put your pretty card in an envelope and have a grown up help you address/stamp it. Here are a few options:

Traditions of Wayland  
10 Green Way  
Wayland, MA 01778

St. Joseph's Nursing Home  
321 Centre St.  
Dorchester, MA 02122

Oak Knoll Healthcare Center  
9 Arbetter Drive  
Framingham, MA 01701

11) **YOU pick.** What is something you can do during this time that would help someone, make someone smile, or spread happiness? Send your teacher an email and let her know your ideas.

*We are proud of you and can't wait to hear about all the kindness you are spreading...*