

PLAYTIME IDEAS TO REINFORCE KINDNESS

1. Kindness Jar

Write kind acts on slips of paper.

Read one each day.

2. Helper of the Day

Let your child be the “kindness helper.”

3. Stuffed Animal Care

Practice being gentle caregivers.

4. Sharing Snack Time

Practice offering first.



5. Thank-You Drawing

Draw pictures for helpers.

6. Feelings Charades

Act out happy, sad, proud, calm.

7. Apology Practice

Role-play fixing mistakes.

8. Kindness Walk

Look for people to help on walks.