

Discussion Items

1. What would you have done if Tanisha was in your class and spilled grape juice all over her new dress?
2. Has someone ever helped you when you were sad? Tell me about it!
3. What do you think 'being kind' means?
4. Tell me about a time when you were kind to someone.
5. What is one kind thing someone has done for you that you appreciated? How did you feel when they did that?
6. How do you think Tanisha felt when she got the painting?
7. Who is someone you think needs a little extra kindness today?

Activities

Try out some of the activities highlighted in the book to encourage and practice kindness in your home and community!

1. Make a treat (like cookies!) for someone and deliver them.
2. Gather up some of your unused clothes and toys and donate them.
3. Help your sibling or parent with one of their chores.
4. Ask a friend (new or old!) what their favorite color is. What else do they like?
5. Volunteer as a family in your community.
6. Visit an elderly person and listen to their stories!
7. Smile at someone you don't know.
8. Paint or color a picture for someone in your family and put it on their pillow to surprise them.

Taste-Safe Finger Paint

Ingredients:

- 1 Cup Corn Starch
- 1 Cup Cold Water
- 3 Cups Boiling Water
- Food Coloring

Directions:

1. Add cold water and corn starch to a saucepan and mix until combined.
 2. Add boiling water one cup at a time to the mixture and stir.
 3. Heat and continuously stir until it thickens (should thicken to a custard-like consistency.)
 4. Spoon mixture into separate containers and add desired food colorings for different colors of paint.
 5. Encourage your child to finger paint on a piece of paper, on their highchair tray, or even in the bath! Test in a small area first to ensure it won't stain.
- Have fun!