

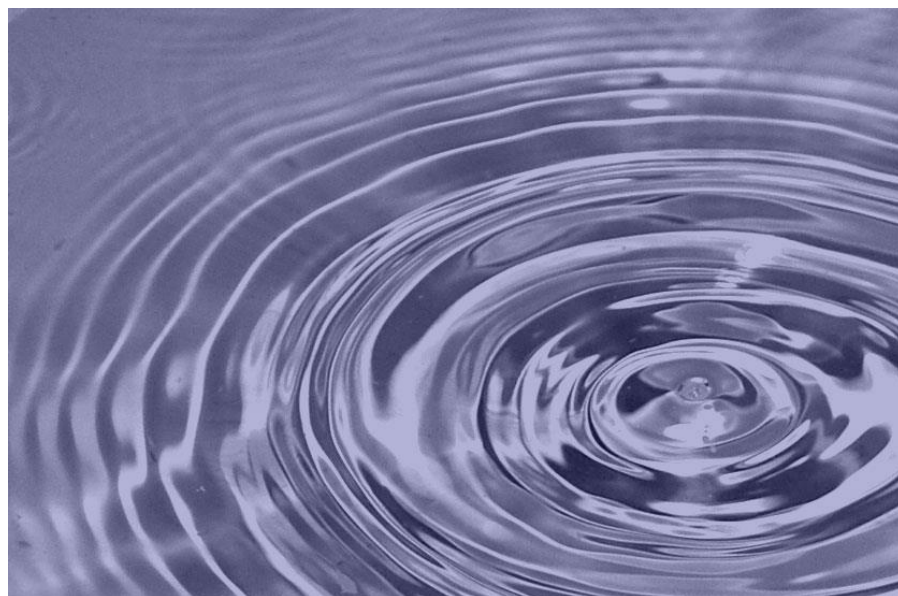
Activity Packet

The Power of Words

Our words are powerful! What comes out of our mouth can bring joy or hurt to those around us. Just like a rock thrown into the water our words can produce a ripple effect that can affect the lives of many people.

Make Your Own Ripples

Get a container of water and drop an object into the water. Watch the ripples the object creates. Imagine the ripples being your words.



Calming Activities

Here are some activities you may want to try to calm yourself, so you don't end up using your angry words.

1. Repeat a mantra like *"I am calm"* or *"I am relaxed"*. You can even come up with your own.
2. Count backwards slowly starting on number 20.
3. Calm Down Jar – Take a bottle put a couple scoops of glitter in the bottle and then fill the bottle with water. Shake the bottle and watch the glitter float to the bottom of the bottle.
4. Blow on a pinwheel trying to make the pinwheel go both slow and fast.
5. Push against a wall. Place both hands on the wall and push against it 3 times, 10 seconds each.
6. Pop Bubble Wrap. Find a piece of bubble wrap and see if you can pop all the bubbles.

Kindness Matters



First, take a yellow paper plate or color a paper plate yellow. Second, cut out flower petals and write a kind word on them. Next, glue the petals on the plate. Finally, Cut out a stem/leaves and glue them to your plate.

Spread Kindness

1. Pick up litter.
2. Hold the door for someone.
3. Compliment a friend.
4. Say hello to everyone you see.
5. Write a happy note to someone and tell them why they are important to you.
6. Teach someone something new.
7. Smile at everyone. It's contagious.



Activity Pages

1. Angry/Kindness Word Find
2. Kindness Floating Everywhere Maze
3. Be Kind Coloring Sheet
4. Choose Kindness Coloring Sheet
5. Color the World with Kindness



Angry/Kindness Word Find

S	I	A	W	E	S	O	M	E	A
C	H	E	R	E	H	A	P	P	Y
R	K	T	F	I	O	Y	S	L	A
E	I	O	U	N	U	E	H	E	M
A	N	G	R	Y	T	L	A	A	A
M	D	S	I	T	I	L	R	S	Z
I	D	M	O	H	N	I	I	E	I
N	O	I	U	A	G	N	N	M	N
G	W	L	S	T	S	G	G	E	G
O	N	E	F	R	I	E	N	D	X
T	W	O	N	D	E	R	F	U	L
A	P	P	R	E	C	I	A	T	E
I	M	P	A	T	I	E	N	T	B

YELLING

ANGRY

FURIOUS

SHOUTING

SCREAMING

IMPATIENT

PLEASE

SHARING

SMILE

HAPPY

AWESOME

FRIEND

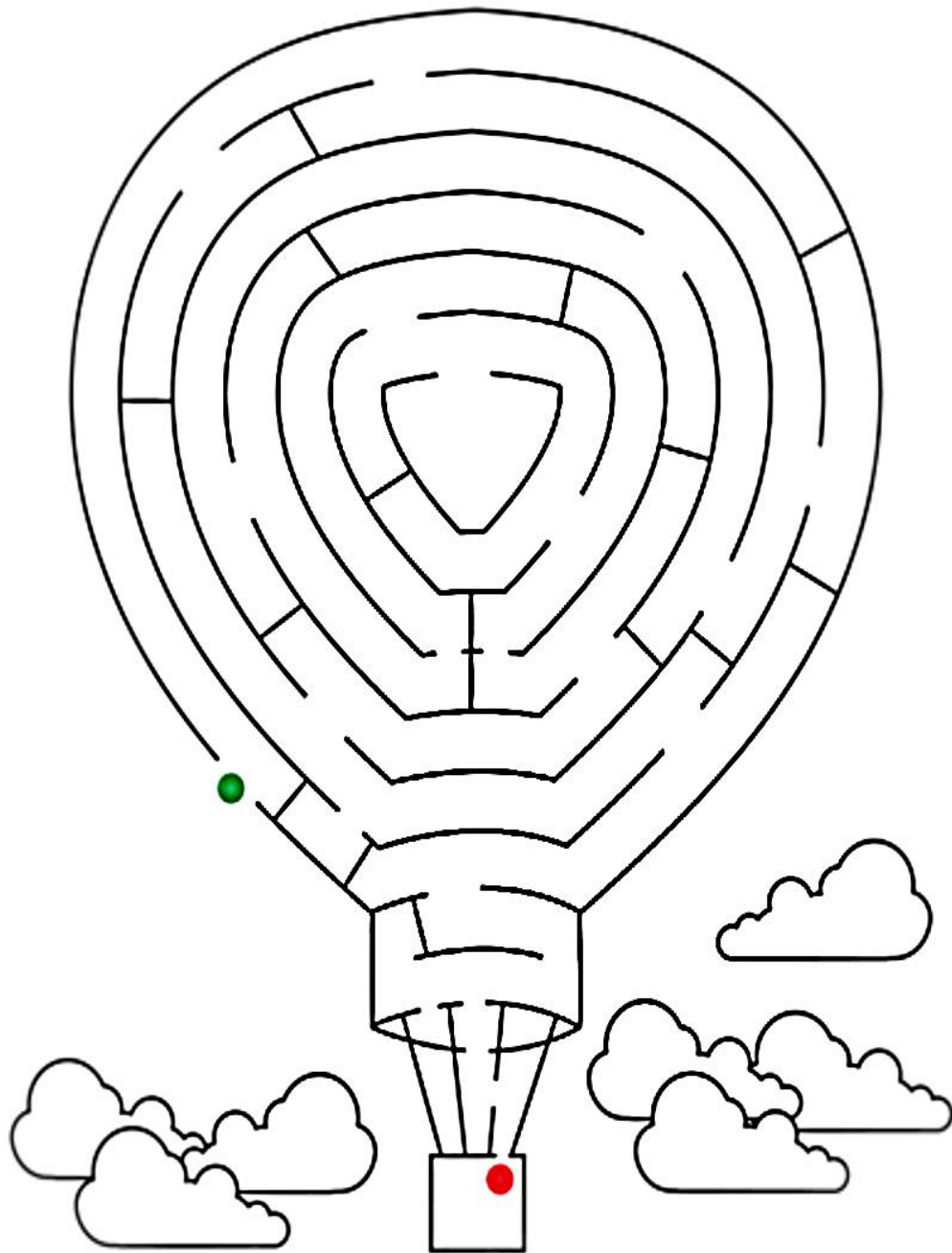
APPRECIATE

KIND

WONDERFUL

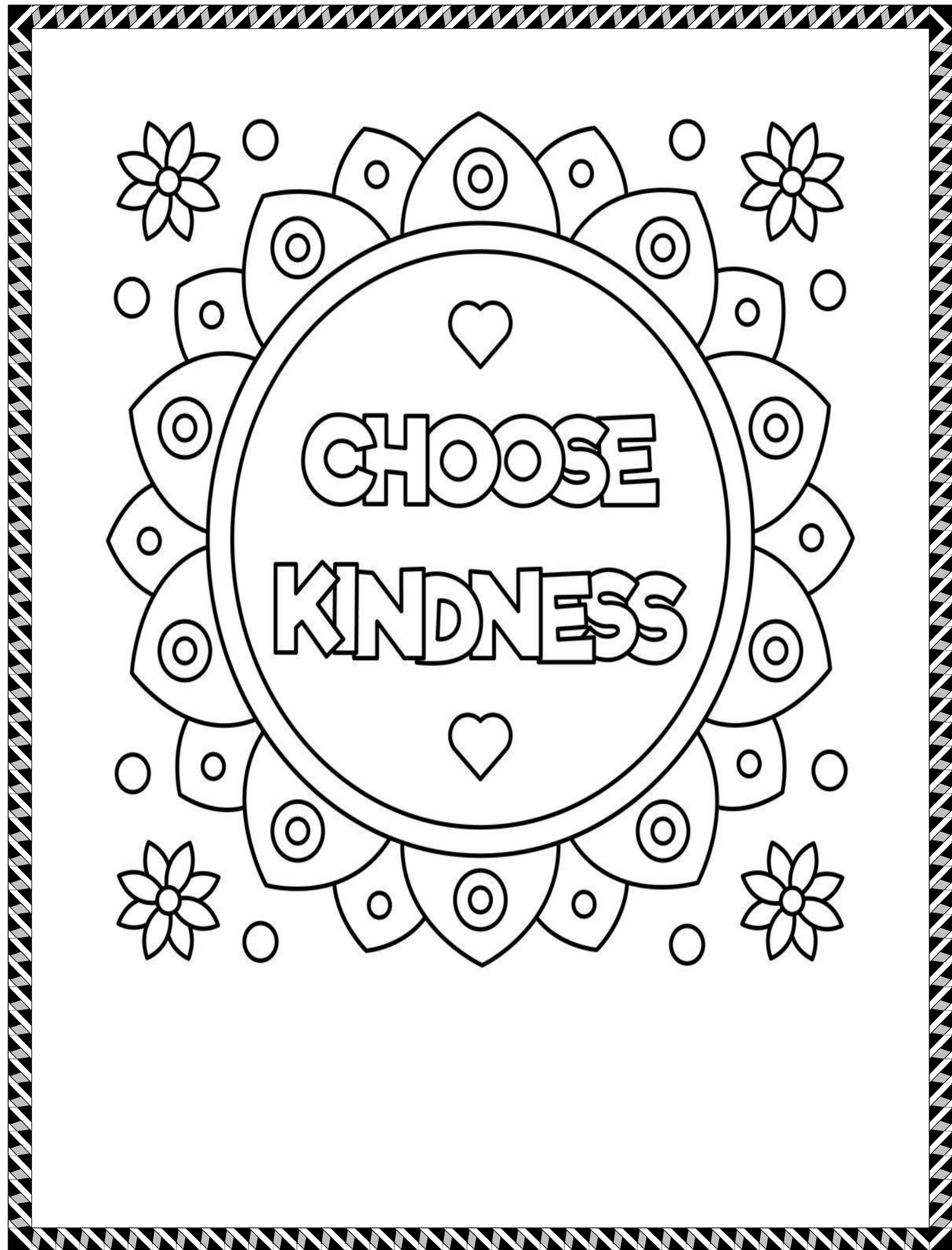
AMAZING

Kindness Floats Everywhere





©2015, amishart.com



CHOOSE
KINDNESS

COLOR THE WORLD WITH



KINDNESS



©2011 Crayon Inc.