I AM LOVE
A BOOK OF COMPASSION
BY SUSAN VERDE • ART BY PETER H. REYNOLDS
#1 NEW YORK TIMES BESTSELLING CREATORS OF I AM HUMAN

Activity Packet
Kindness Song

Here are some kindness songs. Copy and paste the URLs in your browser and you are ready to start singing.

https://www.youtube.com/watch?v=H98Rfljxmsc
Kindness
The Juicebox Jukebox

https://www.youtube.com/watch?v=tP4gLX8FBDA
Kindness is a Muscle
Universal Kids
Storms

Storms are when the sun disappears and we may feel afraid, angry, sad, or hurt.

• When have you encountered a storm?

• How did someone help you get through it? or How could have someone helped you get through it?
Paper Chain of Love and Kindness

Needed Materials
Construction paper
Pencils, crayons, or markers
Scissors
Glue stick or tape

Directions

1. Cut the construction paper into strips.
2. Think about times when someone has been kind to you or has shown you love.
3. Write or draw the act of kindness or love that was shown on a strip of construction paper. Then bend your strip of paper into a circle and tape or glue.
4. You will take your second act of kindness or love that was shown and loop in through the first circle and then glue or tape.
5. How long will your paper chain end up being??
A Long Distance Hug

If someone you know is going through a hard time, whether they’ve lost a family member or a pet, or are dealing with an illness, sending a long distance hug is a great way to talk to your kids about what the person is dealing with and emphasize how kindness can make others feel better. This is a great way to encourage thoughts of kindness toward friends and family far away, or even someone in the same city who might need a hug.

**What you need:**
- construction paper
- crayons or markers
- yarn or string
- glue
- scissors
- envelopes and stamps

**What to do:**

- Have the kids trace their hands and cut out the shapes.
- Cut a length of string or yarn and glue one end to each hand cut-out.
- Write a message on each hand, or decorate the hands. Add a small card telling the recipient that they are receiving a long distance hug.
- Mail the hug.
Kindness in the Mail

Create a card with a picture on the outside and a short message on the inside. Then send it to a loved one who lives near by or far away. Send them some kind thoughts and love to brighten their day.
Activity Pages

1. I Am Love Word Find
2. Heart Maze
3. Love Coloring Sheet
4. God’s Love Has No Limits Coloring Sheet

I can hug and hold and say, "Everything will be alright."
Love is comfort.
I Am Loved
Word Find

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COMFORT
CREATIVE
LOVE
LISTEN
GESTURES

COMPASSION
EFFECT
HEALTH
CONNECTION
HEART

REMEMBERING
GENTLE
GRATITUDE
UNDERSTANDING
SMILE
Heart Maze
GODS LOVE has NO LIMITS