

A little note of kindness

AGES 3-7 / ABOUT 15 MIN / WITH A GROWN-UP

1. Think of someone who helped or included you.
2. Draw what they did in the picture space.
3. Tell a grown-up what you want to say. Deliver the whole sheet if you choose.

A picture for you

I noticed...

Thank you for...

MY NAME OR MARK: _____

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THE GROWN-UP GUIDE

Make a picture-note that says you noticed something kind.

GATHER

This sheet and crayons; no cutting is needed.

A QUESTION TO BORROW

What did they do that helped you?

MAKE IT EASIER

Draw a picture for someone you like being with.

ADD A CHALLENGE

Write one specific thing you appreciated.

A GOOD PLACE TO STOP

Decide whether to keep your note or share it.

KEEP IT COMFORTABLE & SAFE

Sharing is optional. Give notes to people your family knows; no addresses are needed.

CONNECTED TO

Book theme · A Kinder Day

Age ranges are a guide. Let your child point, draw, dictate or write.

Use with a grown-up; pause whenever either of you needs a break.