

# BEE-KIND

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ENCOURAGE YOUR CHILD TO SPREAD KINDNESS  
EVERY DAY WITH THIS BEE-KIND WORKSHEET.

Thoughtfully designed for little ones with love and care

by

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# BEE-KIND

## SPREAD KINDNESS LIKE BEES SPREAD HONEY

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### Instructions

- The worksheet lists kindness ideas under 6 categories: Family, Friends, School, Community, Environment, and Random Acts of Kindness. These ideas are suggestions for the child to choose from.
- Parents can help the child choose age-appropriate tasks from the list or come up with their own kindness acts that the child can do.
- The worksheet has a "Kindness Tracker" section with a beehive graphic. The beehive has 30+ units for the child to color in throughout the month as they perform acts of kindness.
- The worksheet has a section where the child can choose 5 kindness acts that they want to perform during the month. These acts can be chosen from the list provided or the child can come up with their own.
- The purpose of choosing 5 acts is to encourage consistency and make kindness a habit for the child.
- Once the child has chosen their 5 kindness acts for the month, they can assign a corresponding color to each act.
- As the child performs each act of kindness throughout the month, they can color in a unit of the beehive with the corresponding color. The goal is to color in as many units as possible by the end of the month.
- At the end of the month, the child can choose a new set of kindness acts and corresponding colors to continue their kindness journey.
- Parents can use this worksheet as a tool to encourage their child to perform acts of kindness regularly and to celebrate their efforts in spreading kindness.

Here are some additional instructions for using the worksheet:

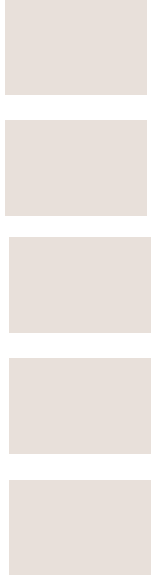
- Encourage the child to be creative and come up with their own kindness acts as well.
- Remind the child that small acts of kindness can make a big difference in someone's day.
- Use the worksheet as an opportunity to discuss the importance of kindness and empathy with the child.
- Celebrate the child's kindness acts by praising and thanking them for their efforts.

# BEE-KIND: KINDNESS TRACKER

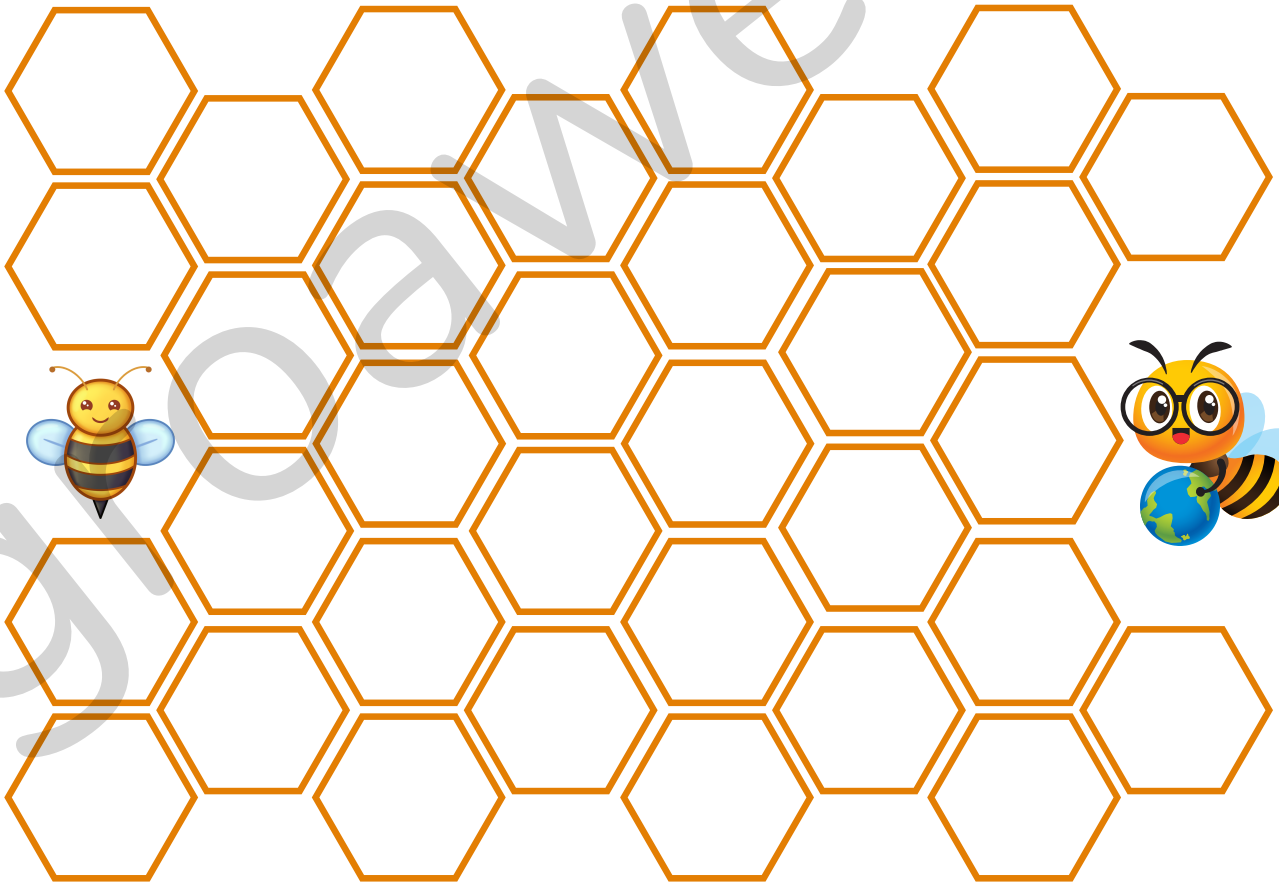
SPREAD KINDNESS LIKE BEES SPREAD HONEY - BEE-KIND!

COLOR

MY ACT OF KINDNESS FOR THIS MONTH



Five horizontal dotted lines for writing acts of kindness.



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# BEE-KIND IDEAS

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## KINDNESS TO FAMILY MEMBERS

- Saying "I love you" or "thank you" to family members
- Helping with household chores, such as washing dishes or folding laundry
- Giving hugs or showing physical affection
- Making breakfast in bed for a parent or grandparent
- Setting the table for dinner or making a special meal for the family
- Listening and being empathetic when a family member needs to talk
- Offering to play a game or read a book with a younger sibling

## KINDNESS TO OTHER SPECIAL BEINGS

- Feeding birds or squirrels in the backyard
- Watering plants or flowers in the garden
- Volunteering at an animal shelter or sanctuary
- Adopting a pet from a shelter or rescue organization
- Recycling and conserving energy to help protect the environment
- Planting a tree or cleaning up a local park
- Feeding an animal on the road

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## KINDNESS TO TEACHERS/FRIENDS

- Writing a thank-you note to a teacher or classmate
- Offering to help a classmate with homework or a project
- Inviting a friend over for a playdate or sleepover
- Giving a compliment or showing appreciation to a friend or teacher
- Offering to carry a friend's backpack or lunchbox
- Being inclusive and kind to all classmates, even those who may be different or struggling

## KINDNESS TO STRANGERS

- Holding the door open for someone or helping with a heavy package
- Giving a compliment or saying "hello" to a stranger
- Donating money or supplies to a homeless shelter or food bank
- Leaving a positive note or message for someone to find
- Helping someone who is lost or in need of directions
- Paying for a stranger's meal who is hungry
- Participating in a community volunteer project or service event

# BEE-KIND IDEAS

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## KINDNESS TO COMMUNITY

- Participating in community clean-up projects or events
- Volunteering at a local charity or nonprofit organization
- Organizing a donation drive or fundraiser for a cause
- Helping an elderly neighbor with some work or errands
- Being respectful and considerate to all members of the community
- Being an advocate for social justice and equality

## KINDNESS TO NATURE

- Recycling and conserving energy to protect the environment
- Using reusable bags and containers to reduce waste
- Planting trees or flowers in the community
- Picking up litter or trash in the neighborhood or local park
- Participating in beach clean-up events or conservation efforts
- Encouraging others to take action to protect the environment