



Kindness Kit



Meet Vampirina

Vampirina just moved from *Transylvania* to *Pennsylvania* and is facing the joys and trials of being the new kid in town, including making friends and attending a new school in the human world. Along the way, Vampirina (aka "Vee") and her new friends Poppy and Bridget learn the value of kindness and celebrating the qualities that make each individual unique.



Join Disney Junior to explore and inspire what it means to choose kindness. Encourage children to show kindness at home, school, and within your community. Choose one or all activities to complete with children, reinforcing how you can be kind in your thoughts, words, and actions.



Think
what it means to be kind



Say
kind words



Make
a kindness craft



Do
acts of kindness



Share Your Kindness Activity Photos: [#choosekindness](https://www.instagram.com/choosekindness)

Kindness Kit



Kindness Poem

Materials: *printout of Kindness Poem*

Encourage children to use the letters in the word KINDNESS to write a poem about being kind. Then, hang it on your fridge or wall as a daily reminder!



Words of Kindness

Materials: *one small ball*

Have 3 or more children sit in a circle. Start by having one child say something kind to someone else, then tossing or rolling the ball across to that person. Continue around the circle, using the sentence starters below to guide the conversation:

- “I like when you...”
- “You are really good at...”
- “Thank you for...”
- “It was nice of you to...”



Try it with a ball of yarn to make a web of kindness.



Kindness Craft

Materials: *rocks, paint, decorative crafts of your choice*

Give each child a rock to decorate. Encourage children to express their own unique style in a rock that reflects their interests and personality.

Children may share their rocks, giving them to a friend or leaving them in a place where they can brighten someone’s day. Children can also place all their rocks together in a garden or bowl, appreciating how everyone’s unique rocks create something interesting and beautiful.



Kindness Jar

Materials: *paper, scissors, writing utensil, jar or bucket*

Brainstorm ways to show kindness towards others. Write down your ideas on individual strips of paper, and choose one to do each day. For example:

- *Invite someone to play*
- *Care for your pet*
- *Play a game with a friend or family member*
- *Help with household chores*
- *Send a card to a family member or a friend*
- *Make someone smile or laugh*



PROMISE CERTIFICATE

When your child is ready to make the promise to choose kindness, complete the certificate on the next page.



Kindness Poem

You can spread kindness by helping others, being a good friend, or making a difference. Write a word that shows how you'll be kind, starting with each letter in the word KINDNESS, and you'll have your unique kindness poem!

K _____

I _____

N _____

D _____

N _____

E _____

S _____

S _____



Cutting is intended for grown ups.

MAKE THE PROMISE

I, _____,
(name)

promise to be kind in my
thoughts, words, and actions.



Disney
Vampirina

Disney
JUNIOR