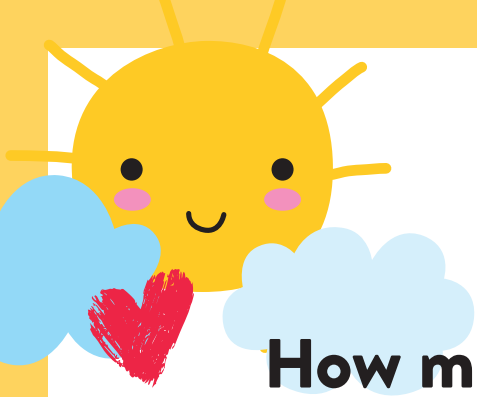# Activity Mini Book

Kindness Edition

GLEN ELLYN
PARK DISTRICT

How many words can you make from

Kindness Matters

Using each letter only once, how many different words can you make from the letters that spell *Kindness Matters*? Write down as many as you can on the lines below. Example: in.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

26. _____

27. _____

28. _____

29. _____

30. _____

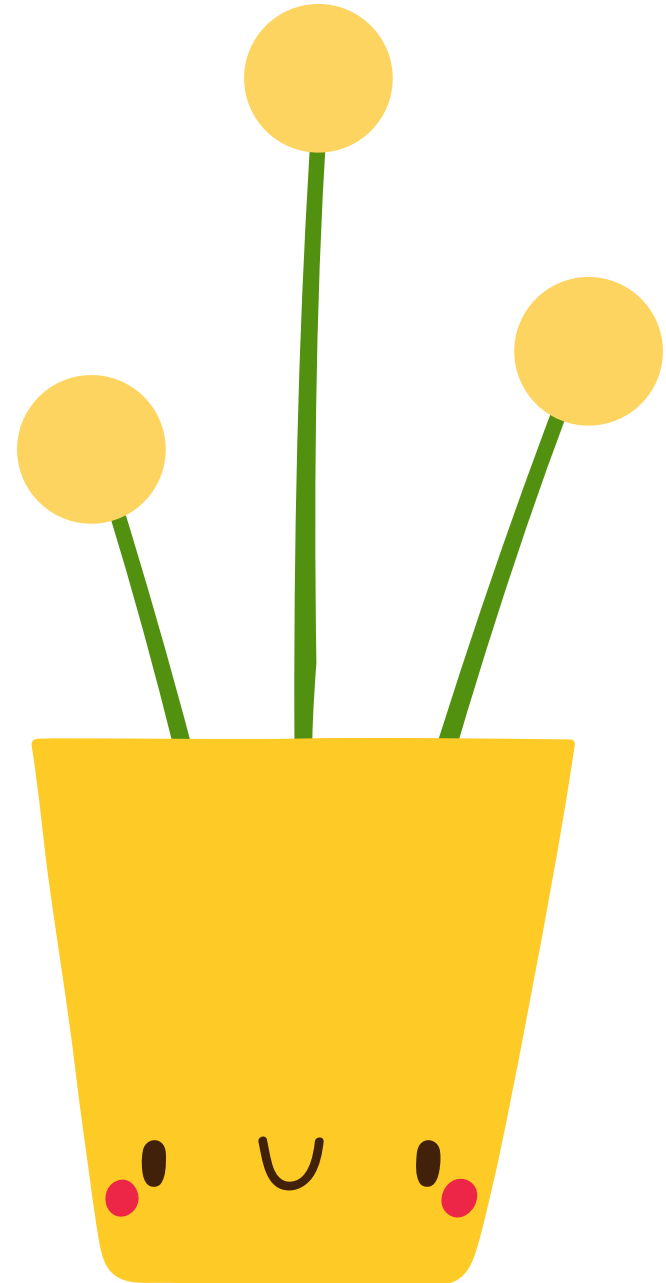31. _____
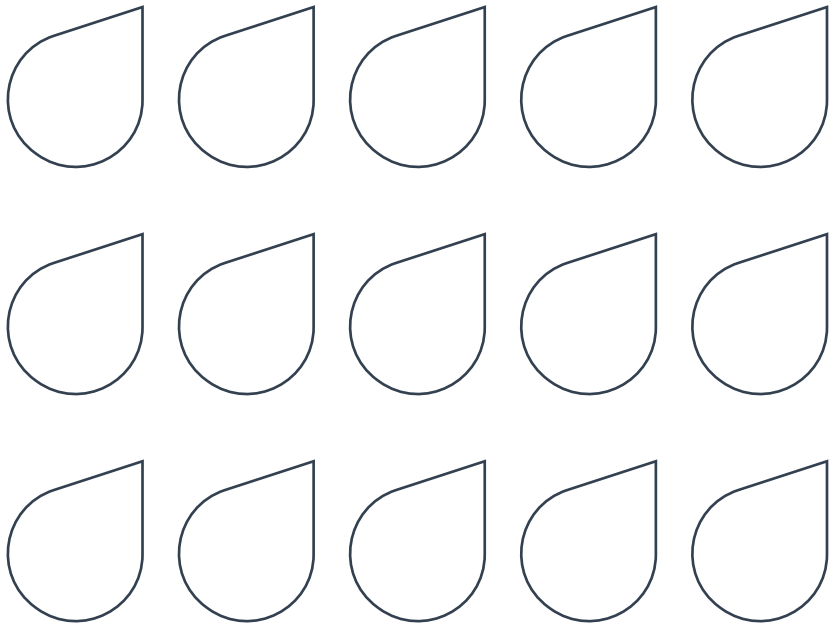
32. _____

33. _____

34. _____

GLEN ELLYN
PARK DISTRICT
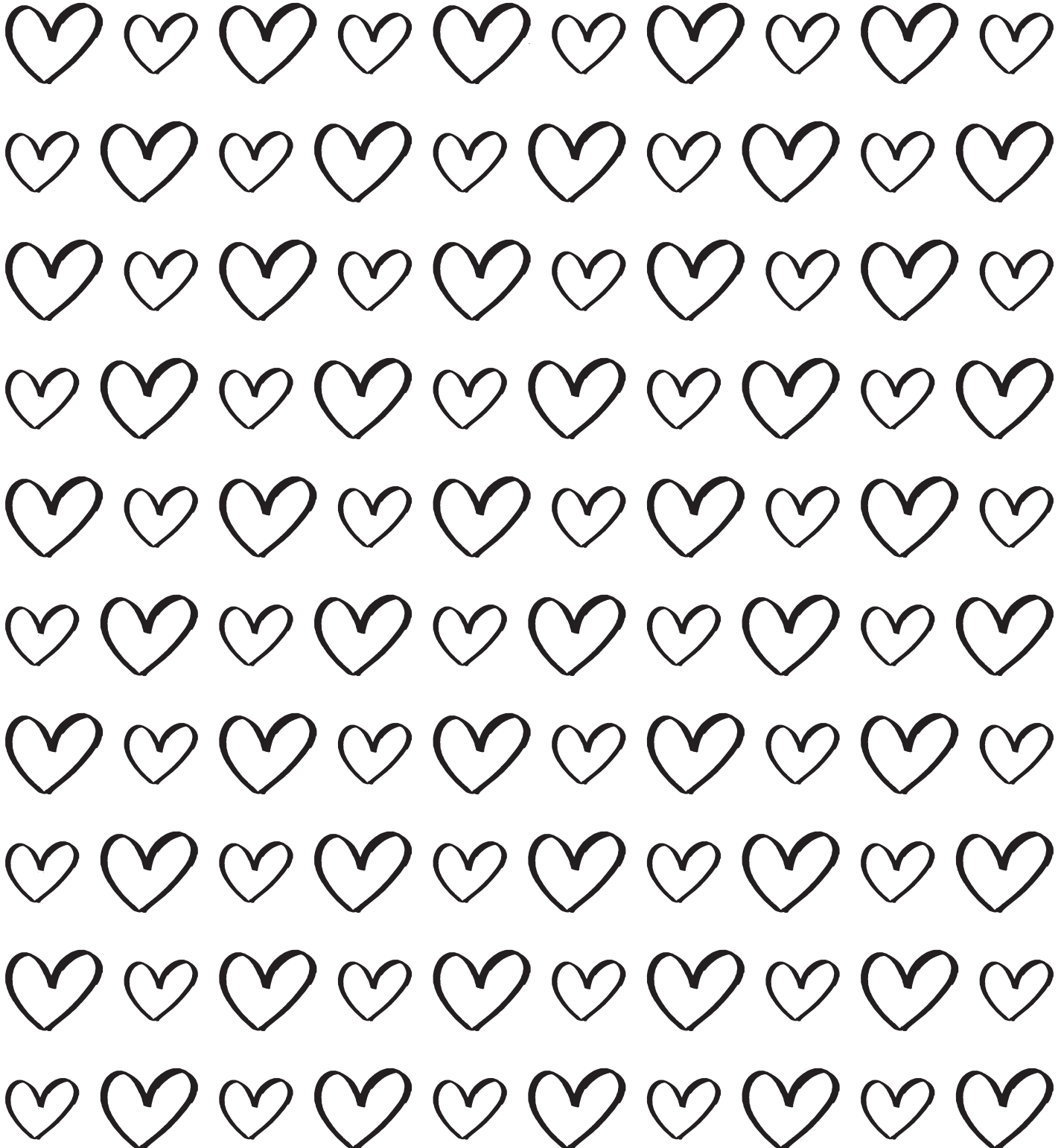
COLOR THE WORLD WITH
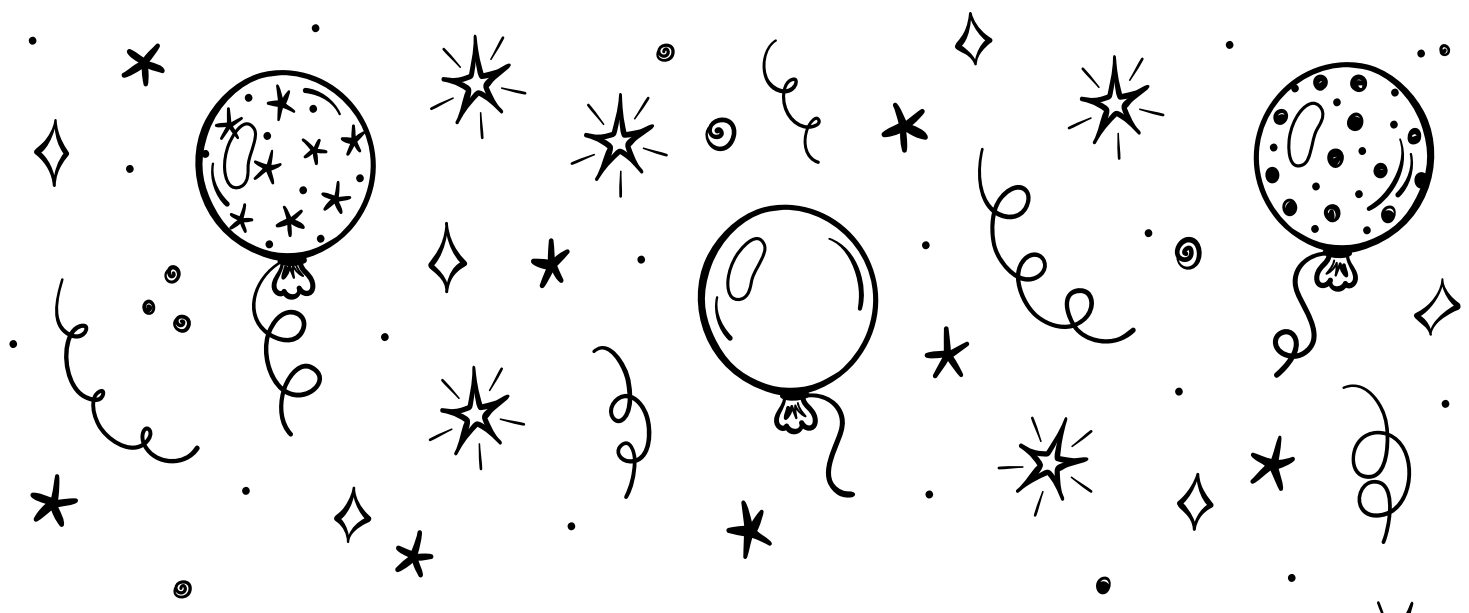

KINDNESS

Kindness Card

Color each of the flower petals below. Cut them out along the line. Place five petals (points toward the center) on each stem. Secure in place with glue.
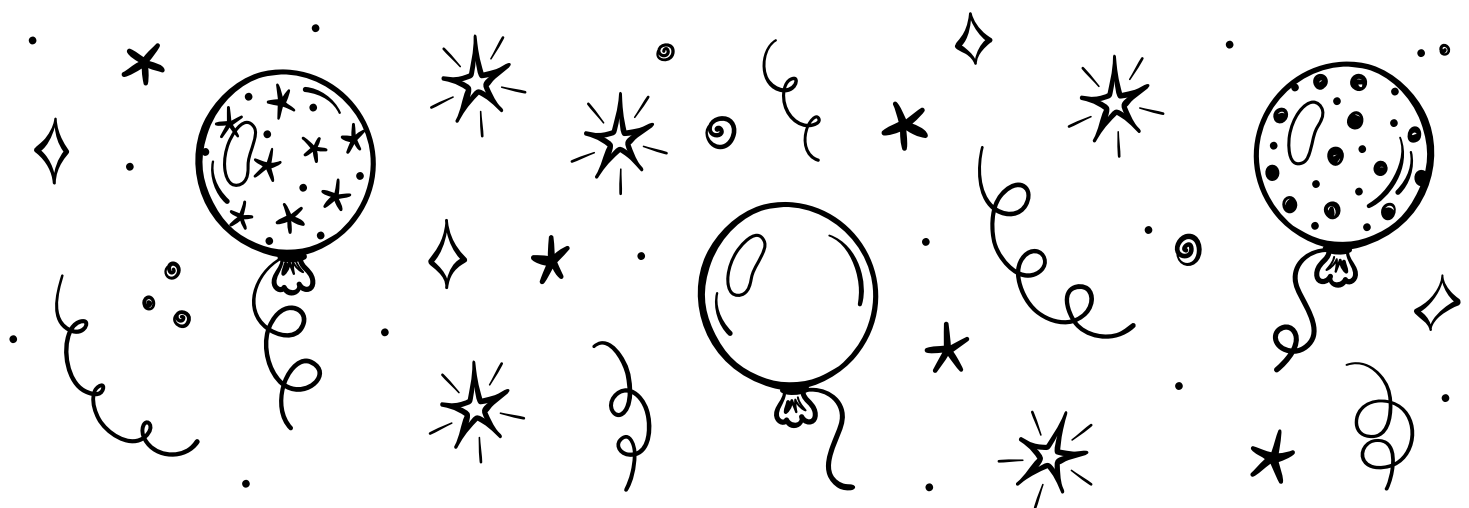
100 Acts of Kindness

Color in a heart on this poster to record and keep track of all the kindness you spread!

THROW KINDNESS LIKE CONFETTI

Kindness Word Search

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

|		
POLITE	THOUGHTFUL	CONSIDERATION
GENEROUS	PATIENCE	KINDNESS
CARING	ENCOURAGING	HEART
COMPASSION	SMILE	GRACE
GOODWILL	NICE	GENEROSITY
EMPATHY	RESPECT	GIVING

GLEN ELLYN
PARK DISTRICT

Paint Kindness Rocks

Paint and share inspirational rocks!

STEP 01

Find your rock.
A flat smooth rock works best or choose one that matches your design.

STEP 02

Clean it up!
Clean your rock with soap and water.

STEP 03
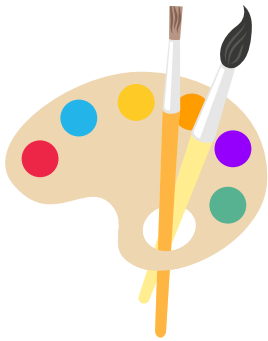
Paint your rock.
Start with a base coat of paint. When the base coat is dry, add a fun design or positive message. We recommend acrylic paint that is multi-surface and works outdoors.

STEP 04

Protect your design.
Once your design is completely dry, seal it with a non-toxic waterproof sealer to protect your design such as Mod Podge or a spray-on sealer.
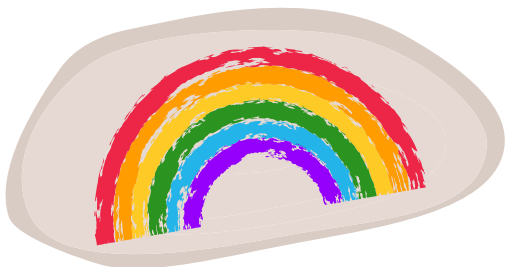
STEP 05

Spread kindness.
Hide your rock for someone else to find and enjoy.

GLEN ELLYN PARK DISTRICT

Kindness Poem

Written By: _____

K is for _____

I is for _____

N is for _____

D is for _____

N is for _____

E is for _____

S is for _____

S is for _____