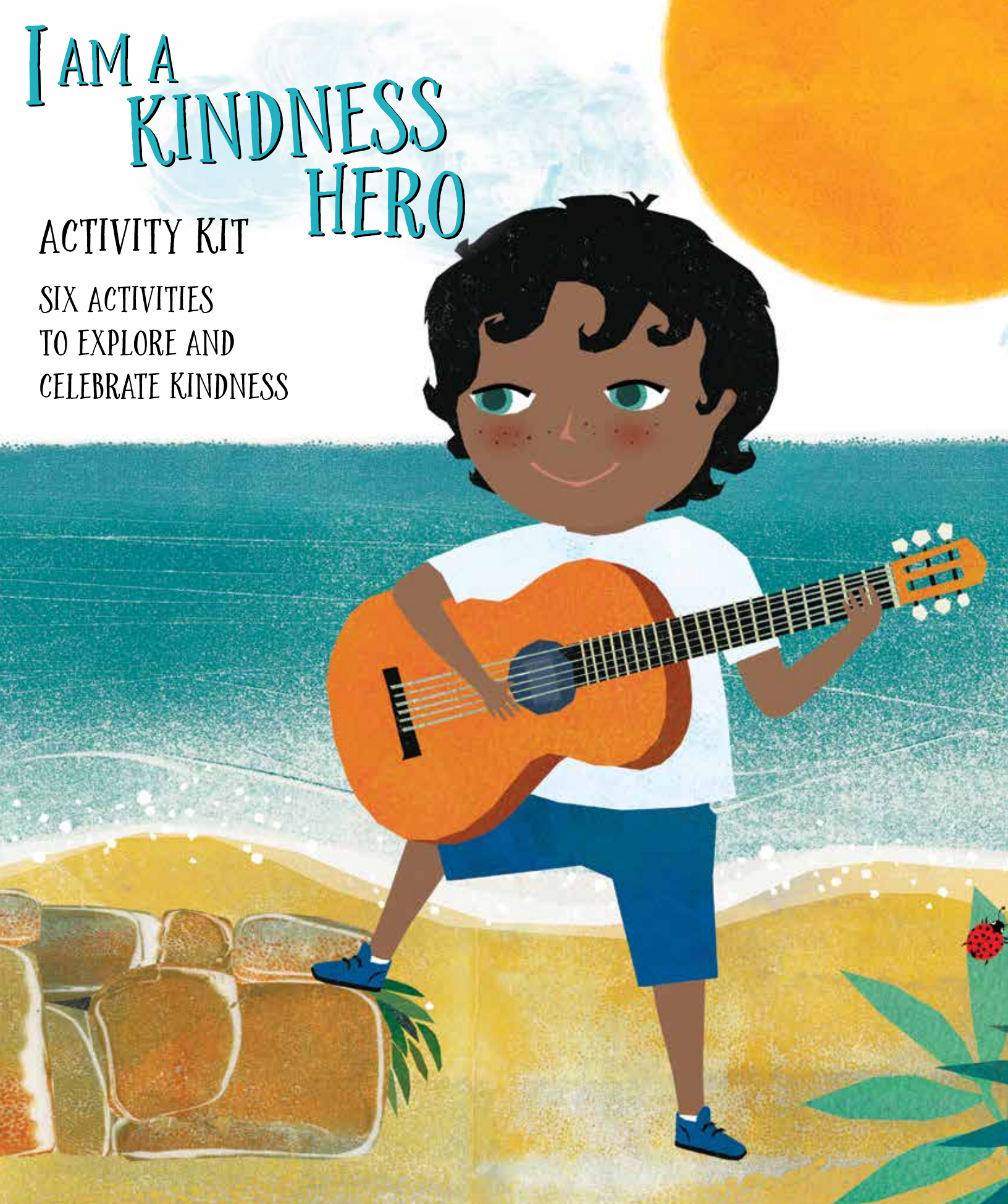


# I AM A KINDNESS HERO

ACTIVITY KIT

SIX ACTIVITIES  
TO EXPLORE AND  
CELEBRATE KINDNESS

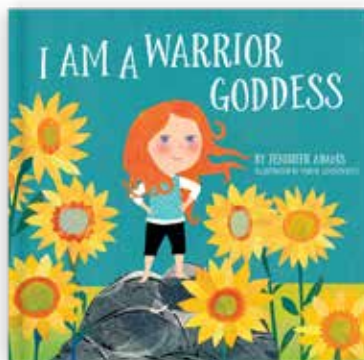




“I wrote this book to celebrate gentleness and vulnerability in kids, especially boys.  
I hope to share the idea that true strength and leadership  
come from treating those around you with love and respect.”

—Jennifer Adams

*Also by Jennifer Adams and illustrated by Carme Lemniscates*





# I AM A KINDNESS HERO

## Matching Cards

### Instructions:

1. Here's a preview of how the main character practices kindness throughout his day.
2. Cut out these picture cards, plus the cards with sentences on the next page.
3. Match each picture to the sentence that best describes his act of kindness.



I AM  
HELPFUL.

I AM A  
PROTECTOR  
OF INSECTS.

I BATTLE MY  
JEALOUSY  
WHEN I  
HIGH-FIVE  
THE WINNER.

I AM  
LOVING.

I AM A  
DEFENDER  
OF  
ANIMALS.

I HELP OTHERS  
CONQUER  
SADNESS BY  
KNOWING HOW  
TO LISTEN.

I AM A  
GUARDIAN  
OF THE  
EARTH.

I AM  
PATIENT.

CAN YOU  
THINK OF  
OTHER WORDS  
THAT DESCRIBE  
KINDNESS?

# WHO IS MOST KIND TO YOU?

*I Am a Kindness Hero* is a tale of a little boy with a big heart. He shows how true strength and leadership come from treating those around you with love and respect.

Kindness comes in many forms. Think about someone in your life who is kind to you. This could be a parent, a sibling, a teacher, a coach, a friend, or a neighbor. How has he or she showed you kindness? How did it make you feel? Write or draw about it.

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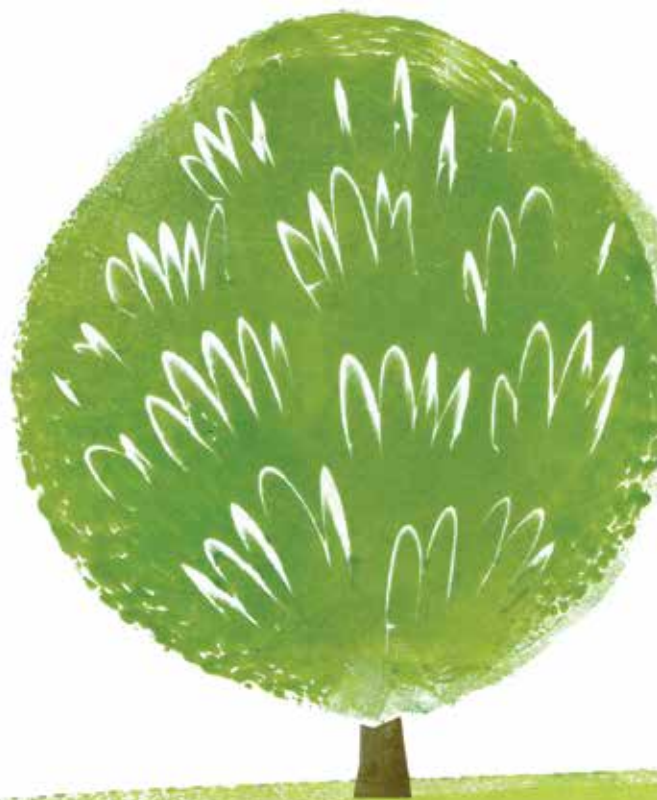
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# BEING KIND TO INSECTS

Some kids are fascinated by insects, while some feel afraid or a little squeamish. Some kids may watch or chase insects out of curiosity, while some may step on them because they think they are “just a bug.” The boy in *I Am a Kindness Hero* is proud to be a protector of insects.

**Here are seven facts about insects:**

1. Insects are invertebrates, which means they have no backbone.
2. Insects have six legs, antennae, and three parts to their body.
3. There are between six and ten million different types of insects.
4. They can eat plants, other animals, and even blood.
5. Not all insects are pests; some are beneficial to humans and the environment.
6. Whether you are enjoying the beauty of a butterfly or swatting away a mosquito, insects are a huge part of our world that can be beneficial or slightly irritating.
7. No matter how big or small these animals are, insects rule the planet and are the largest species on earth. By learning more about these amazing creatures, we can protect all of the good they do. (On the next page, get to know an insect where you live.)

*From coolkidfacts.com*

# OBSERVE AND DRAW AN INSECT

What insects do you cross paths with where you live? The next time you see one, spend time carefully observing it and making a drawing below. Ask an adult to help you research this insect in a book or online to learn more about it and how it may benefit the environment.



*For example, these boys were curious about a praying mantis in the garden and held out a stick for it to climb upon to observe closely without harming it. They noticed that it was light green with two antennae, a good climber with long, skinny legs, and did not have wings.*

# MAKE A KINDNESS BUMPER STICKER

Bumper stickers are a fun way to share a message about something that is important to you. And it takes careful thought and creativity to come up with a saying that is short and sweet; too many words will be hard for people to read from far away.

For example, you may have seen kindness bumper stickers like these: Practice Random Acts of Kindness, I Vote for Kindness, and Kindness Is Free!

Here's an example we created.



## Now it's your turn!

1. Think about what kindness means to you.
2. Think about what you would tell your friends about it. How about people you don't know?
3. Aim for four to six words to share your unique message of kindness.
4. Cut a piece of paper into a bumper sticker size: 3 inches tall x 10 inches wide.
5. Write your message, then add color or fun designs to liven it up.
6. Consider sharing a photo of your bumper sticker with Jennifer Adams, the author of *I Am a Kindness Hero*. She'd love to see it! Her email is [writerjenadams@gmail.com](mailto:writerjenadams@gmail.com).



# KIND WISHES PRACTICE

This practice is shared in *Raising Resilience: The Wisdom and Science of Happy Families and Thriving Children* by Dr. Christopher Willard.

It is a simple and informal exercise called “Kind Wishes Practice” that is the basis of most compassion training. The challenge is to begin with acts of compassion that come more naturally to us and slowly expand the circle. You can do it anytime you would like to practice being kind and compassionate. It’s especially nice to do with your family to celebrate special occasions.

1. First, bring to mind someone you deeply respect and look up to, and who loves you in return. Think of something that would benefit this person and make them happy. Make a “kind wish” and send it their way.
2. Next, send a wish to someone you love—a friend or family member.
3. Now make a kind wish for a neutral person—someone you don’t know very well at all (a person you often see in the grocery store, someone who delivers your mail, or a quiet neighbor, for example).
4. Lastly, wish something nice for someone you dislike or feel frustrated with.



# COLORING PAGES

