

Kind Words

It's important for all people to find ways of communicating with others in a kind manner. Kind words make everyone feel better about themselves, including the person saying something kind. This project helps your child think of nice words to say that come from the heart. They will then be able to use their kind words while communicating with friends and family.

What You Need:

- Construction paper in two different colors
- Pencil
- Markers
- Glue stick

What You Do:

1. Ask your child to make a list of words they think are kind. Review the list and ask them how it makes them feel when people say these words to them or about them.
2. Now ask them how they feel when someone uses words that are not kind. How do they feel when someone is being unkind to them or around them?
3. Have them cut a heart out of one sheet of construction paper and glue it in the center of a sheet of paper that's a different color.
4. In the middle of the heart have them write "Use kind words" with a marker.
5. Make small sun ray lines coming out of the heart. At the end of each ray, have them write one of the kind words from their list. They can continue writing until their entire list is written on the heart.
6. Encourage them to orally construct sentences using each word as if they were speaking to a friend or schoolmate.
7. Hang their kind word heart on their door so as they exit their room each day, they're reminded how good it feels to use kind words.

