

WORLD KINDNESS DAY

World Kindness Day is an international holiday that was introduced in 1998. It is observed on **November 13** as part of the **World Kindness Movement**.



PLAY IT ROLL THE DICE!

Make a numbered list of six acts of kindness that you and the children could do, such as giving someone a hug, saying something nice to another person, doing a chore without being asked, drawing a picture for somebody, telling your favorite joke, or sharing something you enjoy. Each player rolls a die, and they make an effort to do the act that matches the number on the die before the end of the day.



READ IT LESSONS OF KINDNESS

There are plenty of books that teach children about the importance of empathy, inclusion, and kindness. Here are five titles to look for at your local library:

1. *Most People* by Michael Leannah
2. *Come with Me* by Holly M. McGhee
3. *Be Kind* by Pat Zietlow Miller
4. *If You Plant a Seed* by Kadir Nelson
5. *I Am Enough* by Grace Byers



EAT IT WATERMELON POPS

Use a heart-shaped cookie cutter to make a cute snack-time treat for your children! First, cut a watermelon into half-inch slices. Then, it's as easy as using the cookie cutter to make watermelon hearts and adding a popsicle stick for a portable and healthy treat. Pair half a cup of watermelon with your choice of milk, meat or meat alternate, vegetable or grain for a #CACFPCreditable snack.



MAKE IT REACH OUT WITH WORDS

A hand-made card goes a long way, and people love to receive them, especially grandparents! Use your children's craft time to have them make a hand-made card out of construction paper for a loved one that they don't get to see too often. You can also use the opportunity to teach children how to send a piece of mail through the Post Office.



GIVE IT KINDNESS CLEAN-OUT

Do you have any toys, books, clothes, or other items in good condition that you no longer use in your house? Have a chat with your children about the importance of giving, and encourage them to choose some of the toys and books to take home or to donate to a local shop.



GROW IT BE KIND TO THE PLANET

The Earth deserves kindness, too! Teach children how to plant a tree, a flower, or even their favorite fruit or vegetable. Some climates might not allow for planting outdoors in November, but you can also grow plants and vegetables indoors. Having a plant indoors is not only a pretty decoration, but it can improve the quality of air.