

K12TM DAYS OF KINDNESS TOOLKIT



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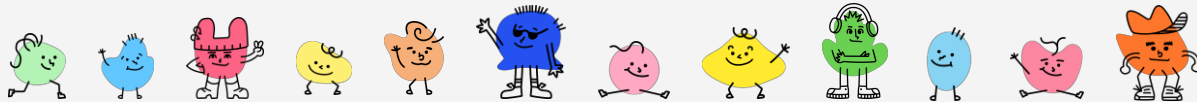
K12 Kindness Toolkit

Words matter. They can build confidence, strengthen friendships, and help every child feel a sense of belonging.

This toolkit offers fun and engaging ways to encourage kids to see the power of their words. By completing these activities, you'll spark important conversations about using words to foster kindness, empathy, and respect.

We've put together this toolkit for Kindness Month, a yearly celebration hosted by K12 to help foster kindness in the classroom and beyond.

K12 powers tuition-free online public schools across the country, ensuring all students have the space to learn and grow in a safe, welcoming environment. To learn more about what we offer and how we celebrate kindness, visit www.K12.com.



Grades: K-12



Kindness Certificate

Print this certificate to recognize your student's participation in the activities and their efforts to use words that build confidence, strengthen friendships, and create supportive communities.





CERTIFICATE OF **KINDNESS**



This certificate is proudly awarded to

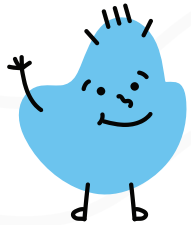
Awarded for practicing kindness, empathy, and respect

Signature

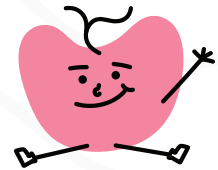
Date

**K12 DAYS OF
KINDNESS**

K12 DAYS OF
KINDNESS



CERTIFICATE OF
KINDNESS



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CERTIFICATE OF



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Signature

Date

Grades: K-5

Kindness Acrostic Poem

Students brainstorm words and phrases that show what kindness means to them, then create an acrostic poem to express their ideas.

Name: _____ Date: _____

K12 Kindness Month
ACROSTIC POEM
BRAINSTORM PAGE

Use this page to brainstorm ideas for your acrostic poem.

For each letter in the word KINDNESS, think of 2-3 words or phrases that start with that letter and relate to ways you can show kindness at school, at home, with your friends, or in your community.

K I N
D N E
S S

Name: _____ Date: _____

K12 Kindness Month
ACROSTIC POEM

Now it's time to write! Fill in one word or phrase for each letter.

K _____
I _____
N _____
D _____
N _____
E _____
S _____
S _____

K12 DAYS OF
KINDNESS

Name: _____

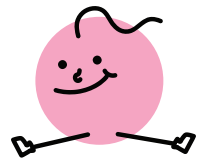
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K12 Kindness Month

ACROSTIC POEM

BRAINSTORM PAGE

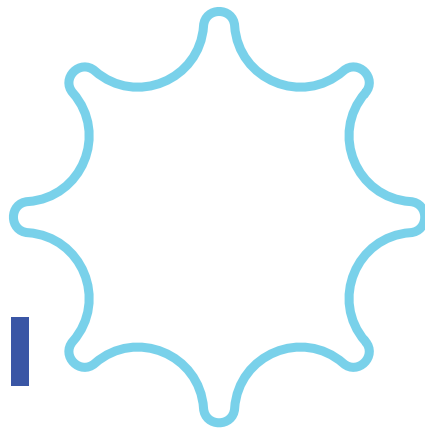


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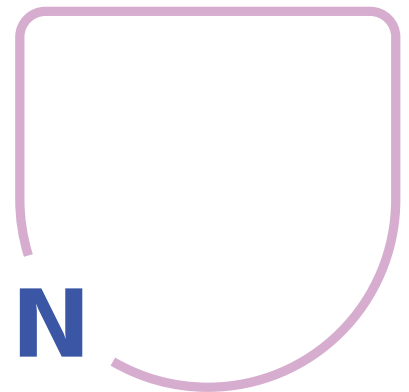
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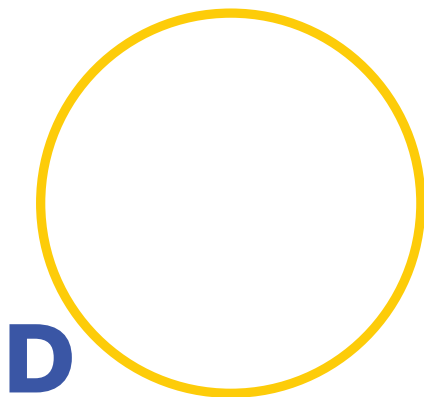
K



I



N



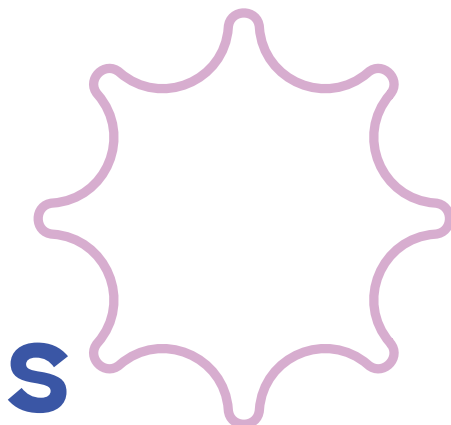
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N



E



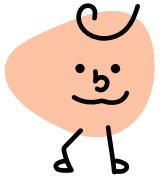
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S

Name: _____

Date: _____



K12 Kindness Month ACROSTIC POEM



Now it's time to write! Fill in one word or phrase for each letter.













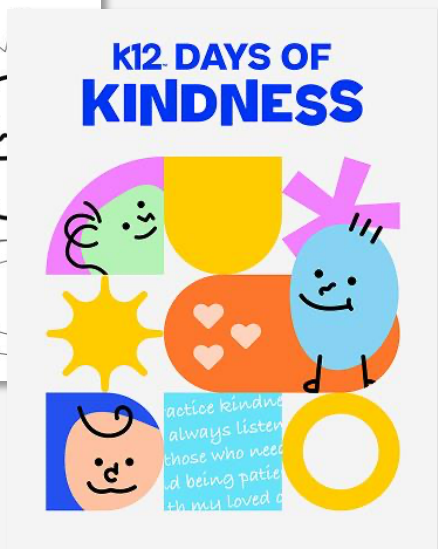
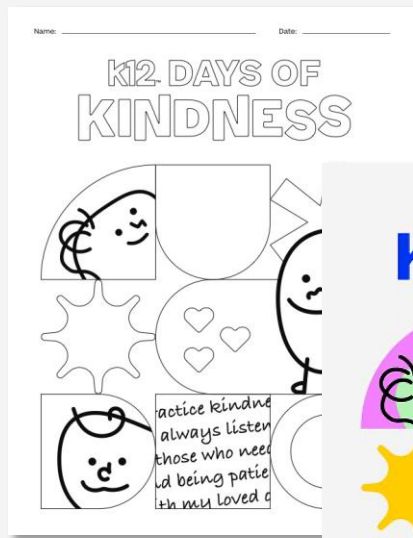




Grades: K-5

Kindness Coloring Page

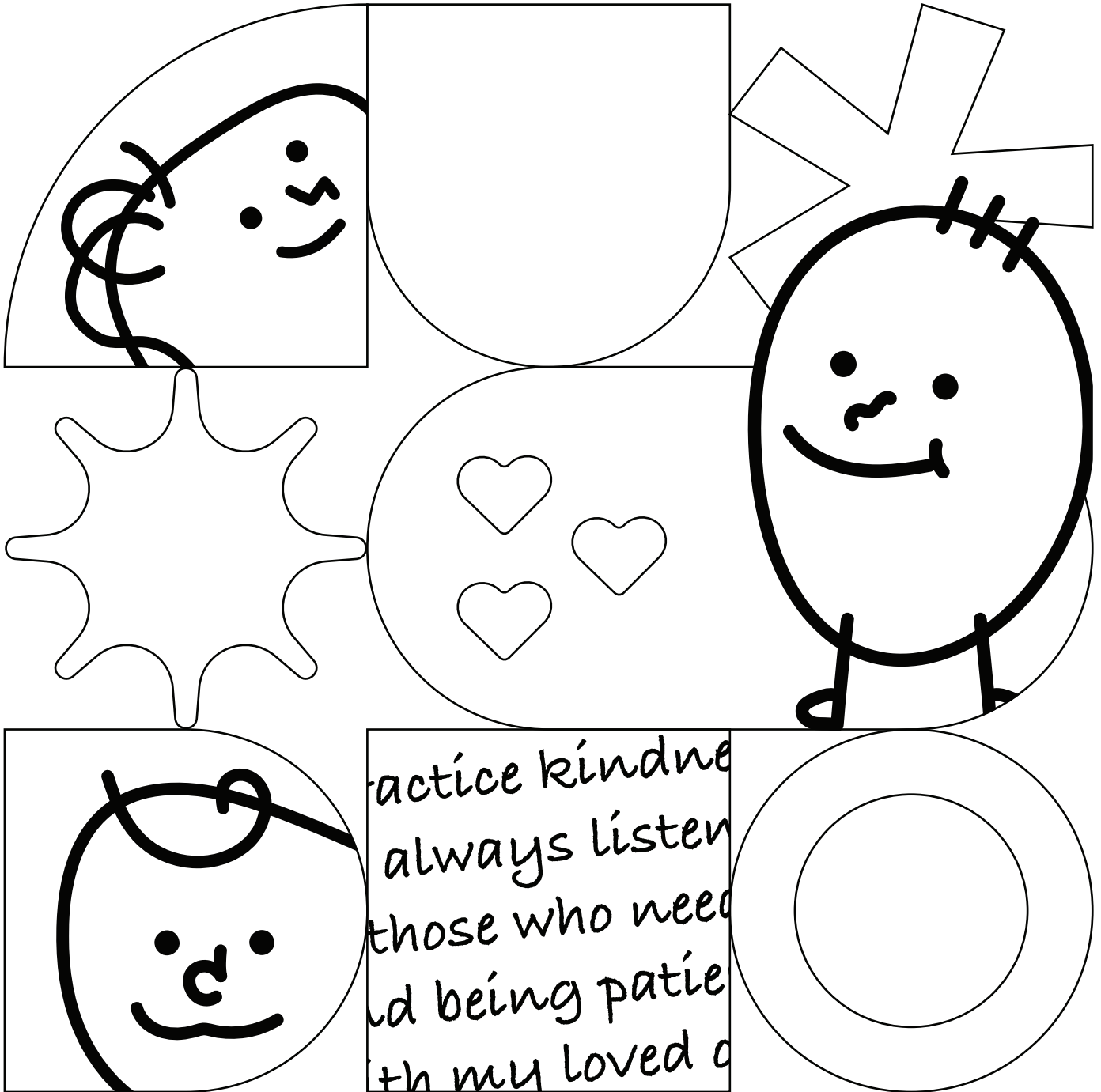
Students can bring a kindness-themed design to life with fun colors in this activity.



Name: _____

Date: _____

K12™ DAYS OF KINDNESS



Grades: 6-12

Kindness Word Search

Take students on a hunt for kind words, discovering and celebrating positive language.

Name: _____ Date: _____

K12 Kindness Month
WORD SEARCH

The words below relate to treating others with kindness. Can you find all 19?



- Kindness
- Empathy
- Respect
- Gratitude
- Thoughtful
- Generous
- Integrity
- Courage
- Compassion
- Positivity
- Advocate
- Understanding
- Encouragement
- Connection
- Empower



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

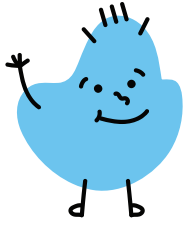
Now, pick two words and write about what they mean to you. How have these words shown up in your life? How can you practice these actions and values with others?

K12 DAYS OF
KINDNESS



Name: _____

Date: _____



K12 Kindness Month WORD SEARCH



The words below relate to treating others with kindness. Can you find all 15?

Kindness

Empathy

Respect

Gratitude

Thoughtful

Generous

Integrity

Courage

Compassion

Positivity

Advocate

Understanding

Encouragement

Connection

Empower

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



Now, pick two words and write about what they mean to you. How have these words shown up in your life? How can you practice these actions and values with others?

Grades: K-12

Name: _____ Date: _____

 **K12 Kindness Month**  **WORKSHEET**

After completing each kindness activity, take a moment to reflect on these questions. Write or draw your answers in the space below.

 What was your favorite part of the activity?

 What's one kind habit you learned or practiced?

 Did this activity make you feel more connected with your classmates, friends, or family? How?

K12 DAYS OF KINDNESS

Kindness Reflection Worksheet

After doing a kindness activity, students can take a moment to think about the kind habits they learned and practiced.



Name: _____

Date: _____



K12 Kindness Month WORKSHEET



After completing each kindness activity, take a moment to reflect on these questions. Write or draw your answers in the space below.



What was your favorite part of the activity?



What's one kind habit you learned or practiced?



Did this activity make you feel more connected with your classmates, friends, or family? How?

Grades: K-12



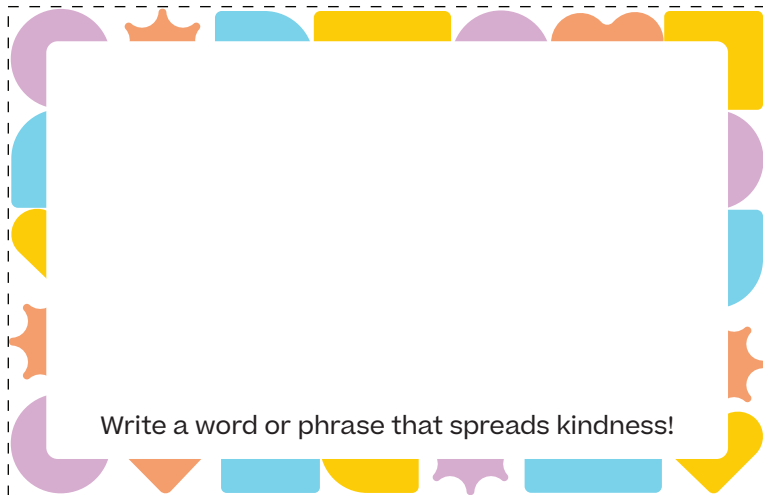
Materials:

- Jar or box with a lid
- Printed kindness slips
- Markers, crayons, or colored pencils
- Stamps, stickers, or other decorating materials

Kindness Jar

Instructions:

1. Gather your materials.
2. Decorate your container.
 - a. Write kind words, such as “smile,” “brave,” or “love.” Use colors, stickers, or designs that make you feel happy and positive.
3. Fill your container with kindness slips.
 - a. On each slip, write a kind word, a compliment, or an encouraging phrase.
 - b. You can write these slips for yourself (“I can do hard things”) or for someone else (“You are an amazing friend”).
4. Share the kindness.
 - a. Whenever you or someone else needs encouragement, pull out a slip and read it aloud.
 - b. Add new slips as you think of new kind words and encourage friends and family to do the same.



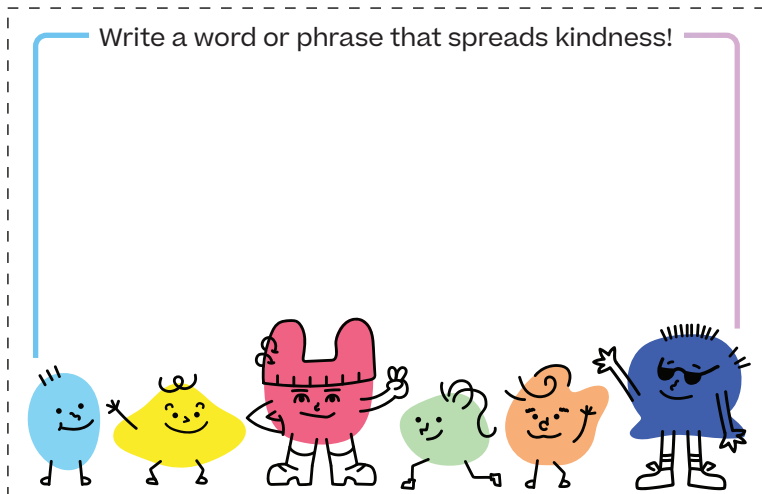
Write a word or phrase that spreads kindness!



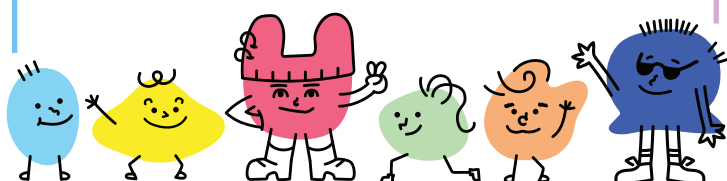
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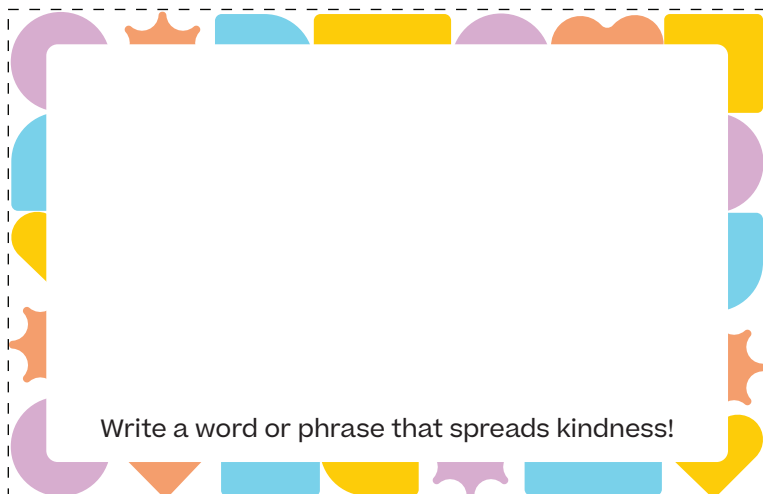
Write a word or phrase that spreads kindness!



Write a word or phrase that spreads kindness!



A row of six colorful cartoon characters with various shapes and expressions, standing in a line.



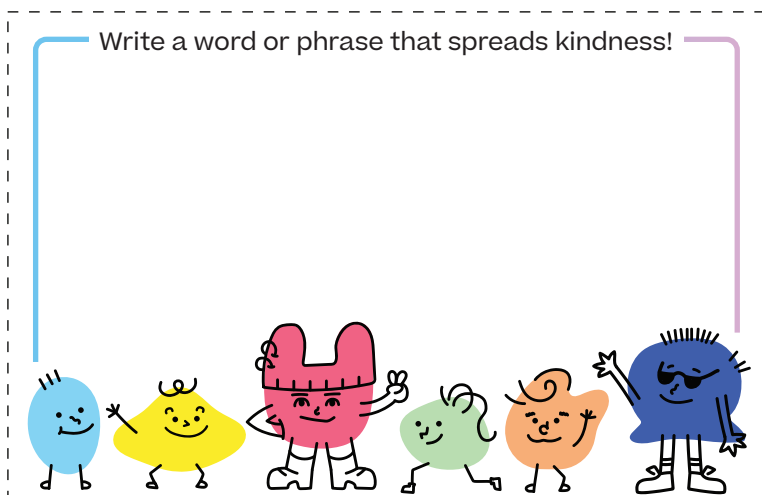
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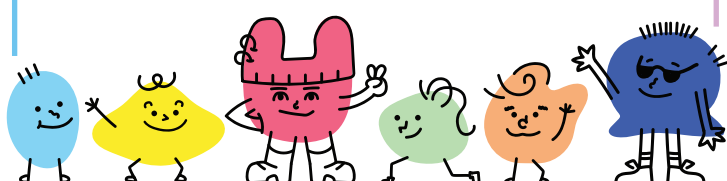
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Write a word or phrase that spreads kindness!



Write a word or phrase that spreads kindness!



A row of six colorful cartoon characters with various shapes and expressions, standing in a line.

Grades: K-12



Materials

Grades K-2:

- Pipe cleaners
- Large, colorful beads
- Large letter beads

Grades 3 and up:

- String or elastic cord
- Letter beads
- Multicolor beads
- Scissors

Kind Words Friendship Bracelets

Instructions

1. Gather your materials.
2. Choose your words.
 - a. Think of kind words that inspire you, such as “Hope,” “Love,” or “Joy.”
 - b. For your bracelet, choose a word that inspires you.
 - c. For a friend’s bracelet, choose a word that you think will inspire them.
3. Design your bracelet.
 - a. Lay out your beads before stringing them to create your design.
 - b. Start with your word in the center, then add colors on either side to make it unique.
 - c. Use your wrist or your friend’s wrist to measure the string, cord, or pipe cleaner, leaving an extra inch to tie it off.
4. Create and share.
 - a. Thread the beads onto the string or pipe cleaner, then secure tightly.
 - i. For string or elastic cord, tie a tight knot.
 - ii. For pipe cleaners, twist ends together.
 - b. Wear your creation to remind yourself to be kind or gift it to a friend to show kindness!

NOTE: Although we have provided the grade bands above as suggestions, please use the materials that fit best with your student’s ability and comfort level. This craft should be completed with parental supervision.

Grades: 3-12



Materials:

- Paper or notebook page
- Markers, crayons, or colored pencils
- Magazine pages or printed words and photos
- Stamps, stickers, or other decorations

Kindness Vision Board

Instructions:

1. Gather your materials.
2. Choose your words.
 - a. Find words, phrases or quotes that make you feel strong, kind, and connected. Add these to your vision board.
3. Add images and drawings.
 - a. Find or draw pictures of kindness in action—such as helping a friend, smiling, or working together. Add these to your vision board.
 - b. Include symbols, colors, and designs that make you feel happy.
4. Share and celebrate.
 - a. Display your vision board somewhere you can see every day as a positive reminder.
 - b. Share your board with friends, family, and classmates to help inspire them.

Note: If you don't have the materials above, you can create your vision board digitally on a tablet or computer!



Grades: K-12



Materials:

- Stones with at least one smooth surface, cleaned, and dried
- Acrylic paint or paint pens
- Brushes
- Paper towels
- Water cup
- Optional: Sealer spray

Kindness Stone Painting

Instructions:

1. Gather materials.
2. Choose your words.
 - a. Think of a kind word or phrase that matters to you, such as “Friend,” “Smile,” or “Hope.”
 - b. You can also choose a word you’d like to share with someone else.
3. Paint your stone.
 - a. Start by painting the stone with any base color you choose.
 - b. Paint your chosen word on the stone.
 - c. Add designs, symbols, and colors that make you feel happy and inspired.
 - d. Optionally, spray your rock with sealer spray to protect the design. Make sure an adult is present for this step!
4. Share the kindness.
 - a. Keep your stone as a kind reminder to yourself or gift it to a friend.
 - b. You can also create a kindness stone garden by placing painted stones together in a shared space.



Kinds Words Mock Debate

In this activity, you'll practice ways to rephrase your words and thoughts, so they are not harmful, while still respectfully sharing your own opinion.

Directions:

1. Choose a fun question.
 - a. Pick a low-stakes debate topic, such as "Is it better to read the book or watch the movie?" or "Should hot dogs be considered sandwiches?"
 - b. Keep topics fun and lighthearted so everyone participating feels comfortable.
2. Take sides.
 - a. Each participant chooses the option they prefer. Make sure there is at least one person on each side.
 - b. Participants take turns sharing their opinions.
3. Practice kind rephrasing.
 - a. Now, each participant takes a turn rephrasing their opinion more respectfully.
 - b. Instead of saying something that sounds negative or puts others down, such as "Books are too hard to read" or "Movies are boring," practice more positive or respectful statements, such as "I like movies better," or "Movies aren't for me."
4. Discuss as a group.
 - a. Reflect on the exercise. How did the kind responses make you feel compared to unkind responses?
 - b. Celebrate examples of thoughtful, respectful language.

K12 DAYS OF KINDNESS



More Ways to Celebrate

1

Create your own kind stories in [K12 Story Studio](#)

2

Visit K12's [Kindness Page](#)

3

Read the latest on the [K12 Blog](#)

4

Share your celebrations on social media!

@K12 on [Facebook](#) and [YouTube](#) | @K12Learn on [Instagram](#) | @StrideK12 on [TikTok](#)

5

Interested in online school?

Explore the [options K12 offers](#) for virtual learning, then [find a school](#) in your state to get started!

