

Week of May 18th

Guidance

This book is about the power of kindness. It goes along well with last week's lesson on bucket filling. Happy reading!!

Watch the story: **Be Kind** by Pat Zietlow Miller

Click on the following link:

<https://www.youtube.com/watch?v=kAo4-2UzgPo>



Activity:

Find a large piece of paper or poster board and make some pictures showing the many different ways you can be kind to someone.

Do your best to write some words or sentences describing the pictures.

Share your pictures with mom or dad and tell them how you can be kind to others.

Parents - Check out the parent attachment for another stress management technique that you can use with your child.