WORKSHEET / AGES 4-7

My Kindness Plan

Draw and tell. There is more than one kind answer.

Name: _____

1. Draw a way to help at home.

2. Draw a way to include someone in a game.

3. Draw a way to care for a shared space.

Talk, point or write. An adult can read the instructions.

My Kindness Plan

For a grown-up: use after the child has tried the activity.

Open-ended: accept any safe, caring idea.

1. Examples: put toys away or help set the table.

2. Examples: invite someone to join or explain the rules.

3. Examples: put books back or pick up paper litter with an adult.

Let the child describe their picture. Help them choose one small action.

Keep it playful: ask the child to explain one answer. Different drawings and spoken responses are welcome where shown.