



GROW KIND, CARING CHILDREN WITH BIG HEARTS THIS SEPTEMBER! REMEMBER: IT TAKES 21 DAYS TO FORM A NEW HABIT.







Share a Song!

Sing for a friend like Molly

from the Bubble Guppies!

Guitar is optional!

Give a Compliment

Tell a friend something

kind — why you love

their artwork, their big

ideas, or their style!



SUN



MON

Help Animals!

Help your pet or other

animals, just like Diego

cares for jungle animals!

Be a Teacher

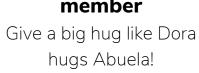
Teach your sibling

something new like

Peppa teaches George.







WED



problems. What makes YOU unique? Share it!

hunger...? Talk as a family

about how you can help.

Find a Cause What's important to you: environment, education,

Collaborate Work together with a friend to solve a problem like the PAW Patrol Pups!

THU

Be a Helper

Use "clues" to help

someone solve a

problem like Blue!

Self & Share

Learn about a song,

culture ... and share it

with a friend!

Share the Yum

FRI



Help the Planet

Turn out lights, save water, or create a home recycling program to be kind to the Earth!

Bring a Smile!

Tell a joke or share a funny picture to make someone smile!

SAT

Be Kind to Yourself

Practice Peppa's calm down strategy: Count down from 10, while taking deep breaths.



Read or watch stories focused on kindness like the Kinderwood friends. What do you notice?



Think of a new way to help at home — clearing the table, putting away toys, sorting laundry, etc.













else. Say, "That's not fair" if you notice someone being treated unfairly.

Adventure Together

Bring a friend along on an adventure like Dora & Boots.

Wear Others' Shoes

TUE

Be Kind to Seniors

Hang out with a

grandparent or older

family member like JoJo &

Gran Gran.

Practice Empathy

Ask a friend how they're

feeling ... and really listen

to their answer!

Ask yourself, "How would I feel if I were them?" Then do something to show you care!











