

# My Kind Heart: A Kindness Diary

*Learning objective: To understand the importance of kindness and identify ways to be a helpful friend to others in the classroom and at home.*

Help Ellie the elephant remember all the kind things that happen each day. Read the prompts below and draw or write about how you showed kindness. Use the word bank to help you express your feelings.

*Word bank: kind · helpful · share · smile · friend · thank you · happy · caring*

**1. Kind Act: Describe one time today that you helped a friend or family member. What did you do?**

---

---

**2. Sharing is Caring: Tell us about a toy, book, or snack you shared with someone. How did it feel?**

---

---

**3. Kind Words: What are some nice words you said to someone today? (For example: 'Well done' or 'You are my friend')**

---

---

**4. Feeling Happy: How did the other person look when you were kind to them? Did they smile?**

---

---

**5. Future Kindness: What is one kind thing you would like to do for someone tomorrow?**

---

---

*Extension challenge: Talk to a partner about your kindness diary. Can you think of a way to be kind to yourself today, such as taking a deep breath or drawing a picture you love?*