My Kindness Diary: A Day with Pip and Friends

Learning objective: To identify acts of kindness and understand how they make others feel.

Think about a time today when you were kind to someone, or someone was kind to you. Use this diary entry to describe what happened. Use the word bank to help you write your sentences.

Word bank: kind · helpful · happy · smile · share · friend · support · caring

1. Who did you help, or who helped you? (Example: I helped my friend...)

2. What kind thing happened? (Example: We played together and I shared my pencils...)

3. How did it make you feel? (Example: It made me feel very happy because...)

4. How did it make the other person feel? (Example: They had a big smile and said thank you...)

Extension challenge: Draw a picture of your act of kindness in the box below. Can you write one sentence about why being kind is important?