

# Kind Acts Count!

We could all use a little more kindness right now! This activity aims to inspire kids to find ways of spreading kindness to other humans, to animals and to our environment.

## Discussion:

What does KINDNESS mean? How do we show it to others? Talk about what it feels like, looks like or sounds like when we are kind to people in our family or community. How does it make you feel when someone is kind to you?



## Kind Acts Challenge:

There are many ways you can be kind to animals, each other and the planet. Think of some kind acts YOU can do at home (below are a few ideas to get you started) and use the attached paw print (or draw your own) to share how you made the world a better place this week!

Here are just a FEW examples of kind acts:

### Be Kind to ANIMALS

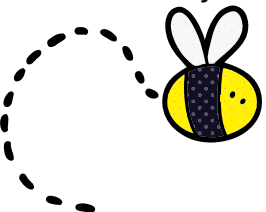
- Wash your pets water and food bowls. Make a schedule for your family so nobody forgets to clean them often.
- Set aside a special playtime for you and your pets each day.
- Make an adoption poster for a shelter animal to help them find a forever home.
- Fill a garden bird bath with fresh, clean water.
- Remind adults to thump on the hood of their car during cold weather to alert wildlife or stray cats who might be sleeping underneath.

### Be kind to OTHERS

- Make a sign for your window saying thank you to First Responders who are keeping us all safe
- Thank a teacher for their hard work.
- Share a smile, even over Skype!
- Do chores without being asked.
- Say "Thank you" to those who help you; a classmate, your parent or a grocery store cashier
- Spend time doing a "virtual visit" online with a grandparent or friend who needs company

### Be Kind to our PLANET

- Turn things off when not in use.
- Cut six-pack rings so that wild animals won't get hurt.
- Use paper on both sides and only take what you need.
- Learn how to recycle.
- Plant local bee-friendly wildflowers.



# My kind act is...



[spca.bc.ca/kids](http://spca.bc.ca/kids)

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