

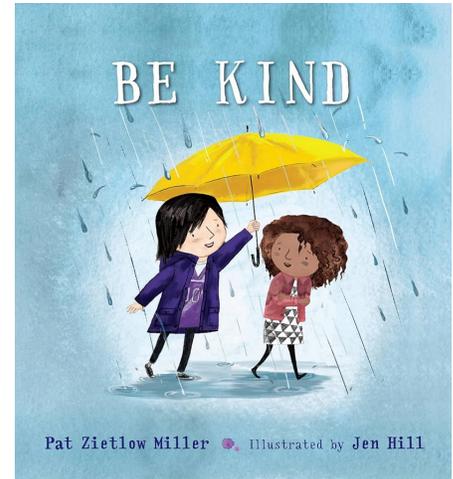


Be Kind

by Pat Zietlow Miller

When a young girl sees her classmate spill juice on her dress, she wants to help—but what does it really mean to be kind? This story shows that kindness can take many forms—small gestures, kind words, and standing up for others—and that every act of kindness matters.

This simple but powerful book helps children think about empathy, innovation, and collaboration.



Discussion Questions

- What are some ways the girl in the story showed kindness?
 - Follow-up Prompt: What are small ways you can be kind in our classroom today?
 - Leadership Connection: Leaders look for new and different ways to show kindness and connect with others.
- The book says kindness can start with just one person. Why is that important?
 - Follow-up Prompt: How could your kindness inspire others to be kind, too?
 - Leadership Connection: Leaders set an example for others by showing kindness through their words and actions.
- The story talks about kindness spreading from one person to another. What do you think that means?
 - Follow-up Prompt: How can we spread kindness throughout our whole school?
 - Leadership Connection: Leaders collaborate to make their community a place where everyone feels valued and included.



Classroom Activities

Kindness Web:

- Have students sit in a circle with a ball of yarn. One student shares something kind they can do, then holds onto the string and passes the ball to another student. Continue until everyone has shared. Discuss how kindness connects us all—just like the web.

Kindness Compliment Cards:

Students each get a blank cards with a sticky note of a classmate (teacher assigns a classmate so everyone has one)

- They write or draw a kind message for the classmate (e.g., “You’re a great helper!” “You made me smile today.”).
- Cards can be secretly placed in desks or shared aloud at the end of the day.
- Discussion tie-in: Kind words spread joy and make everyone feel seen and valued.

Whole School Engagement Project

Each student decorates a paper chain link with a kind word, drawing, or action they’ve done. Link them together to create a school wide “Kindness Chain” that grows throughout December!

Title the display: “Kindness Connects Us All.”

Encourage older students to help younger ones write or draw their kind actions.

