

# The Building Blocks of Kindness

Teacher-led assignment

Below are the important building-blocks of kindness that we taught during the laser show.

**Awareness:** knowing about your surroundings. Self-awareness is knowing your own emotions and thoughts

**Empathy:** the ability to understand and share the feelings of another

**Compassion:** the motivation to take action to help others

Awareness, Empathy, and Compassion are each important on their own, but bringing them all together allows us to be kind.

**Awareness + Empathy + Compassion = Kindness**

Use these ideas to have a classroom discussion. You can ask for students to share stories where they, or someone else, has acted in a kind way. How were awareness, empathy, and compassion all needed. Alternatively, you can use this as a writing-prompt. Students can write a true or fiction story about an act of kindness.

Advanced assignment: Have the students imagine a situation where building block is missing. How would a story change if either awareness, empathy, or compassion were missing? They can share their thoughts aloud, write about it, or even draw a picture showing what might happen.

# KINDNESS QUEST WORD SEARCH

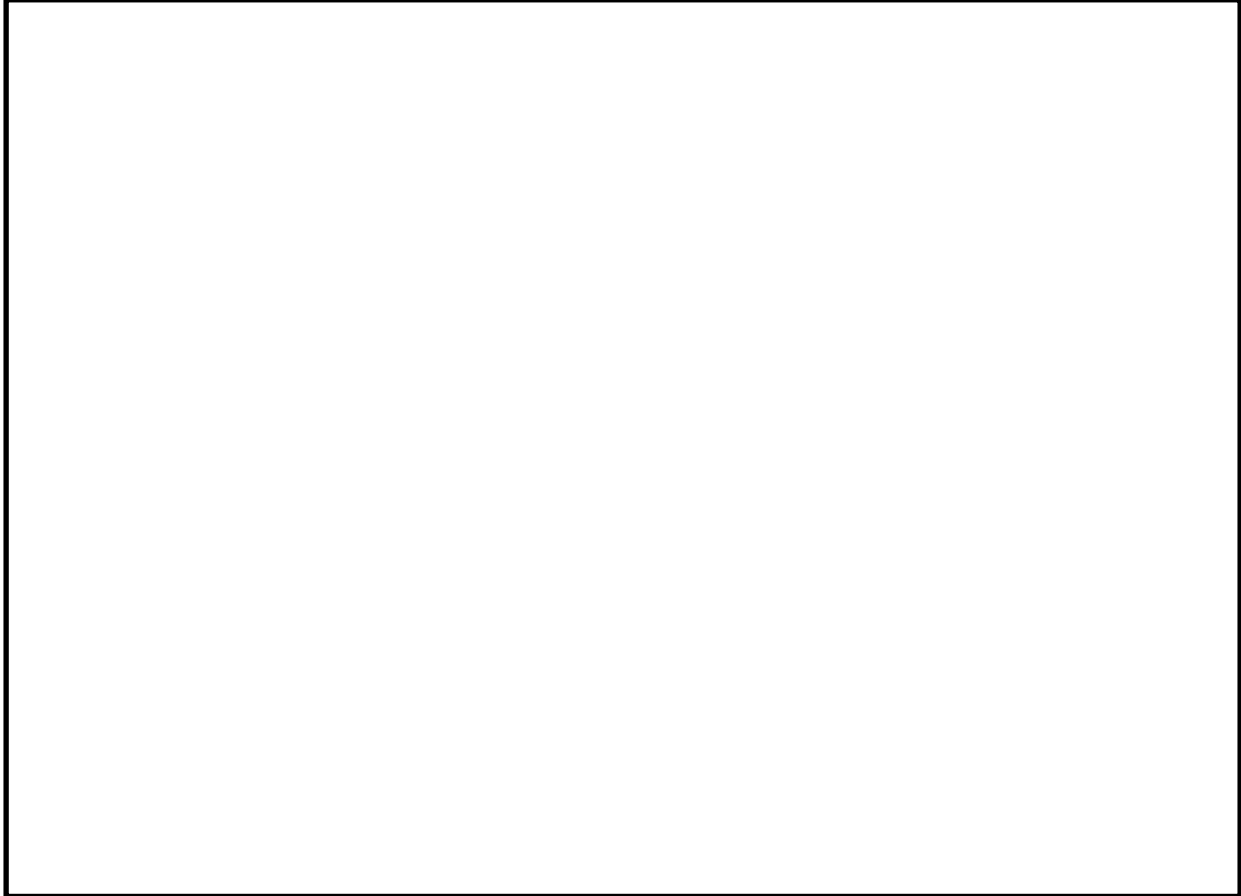
Find all the hidden words that help us be kind to ourselves and each other every day. They can go up, down, or even diagonally.

G	E	E	R	E	N	S	S	E	I	H	N	S	O
T	A	S	H	O	P	E	R	A	A	E	S	I	T
E	T	S	N	O	I	T	O	M	E	E	D	H	S
M	D	D	L	O	E	D	M	T	N	A	R	A	U
P	O	N	A	Y	F	R	Y	E	E	K	R	A	P
L	D	E	S	O	T	R	R	O	M	I	E	E	E
E	A	I	E	R	C	A	V	E	P	N	O	I	R
O	V	R	R	M	W	I	M	T	A	D	N	O	H
F	A	F	S	A	O	H	O	S	T	N	R	T	E
G	R	A	H	R	L	M	S	N	H	E	C	S	R
L	B	C	O	I	L	R	R	A	Y	S	A	P	O
O	X	A	W	R	H	M	L	C	M	S	I	I	E
O	A	R	A	D	I	A	N	T	C	I	T	Y	S
M	M	E	M	N	O	I	S	S	A	P	M	O	C

AWARENESS  
 LASER SHOW  
 COMPASSION  
 SUPERHEROES  
 MAX BRAVADO  
 EMPATHY  
 CARE  
 TEMPLE OF GLOOM  
 RADIANT CITY  
 FRIEND  
 EMOTIONS  
 KINDNESS

# Color Me Kind

Draw a picture that shows an act of kindness:



Explain how your drawing shows kindness:

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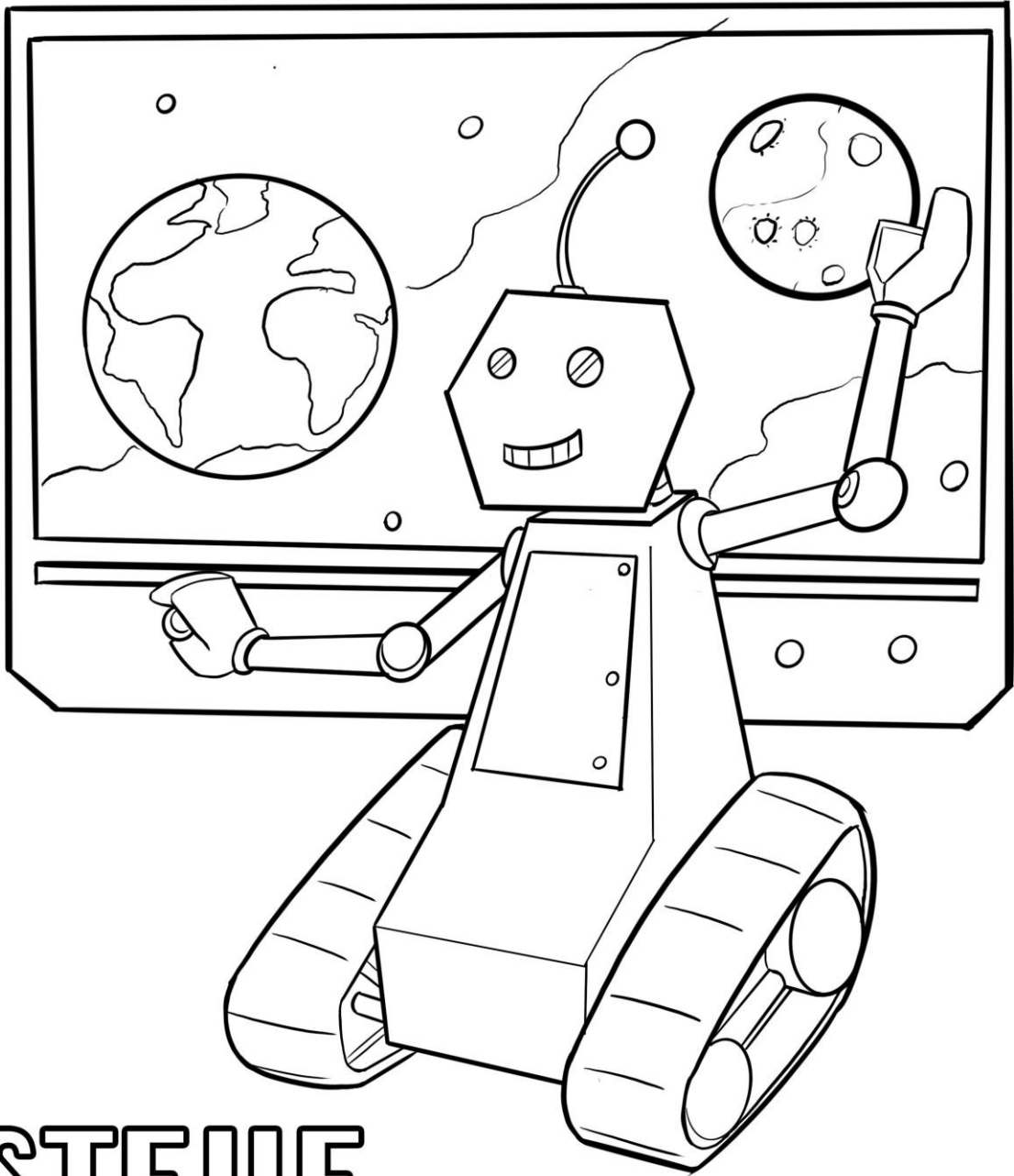
How do you think everyone feels in your drawing?

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Color your favorite Kindness characters





**STEVE**

**THE ROBOT**