



The
Children's
Reading
Foundation

Read Together 20
Minutes Every Day™

Gratitude & Kindness Pack

Play
With a
Purpose

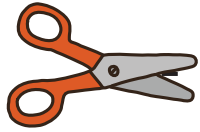
Coloring
Sheet



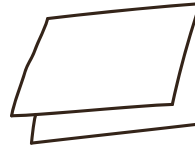
MAKE YOUR OWN THANK YOU CARDS



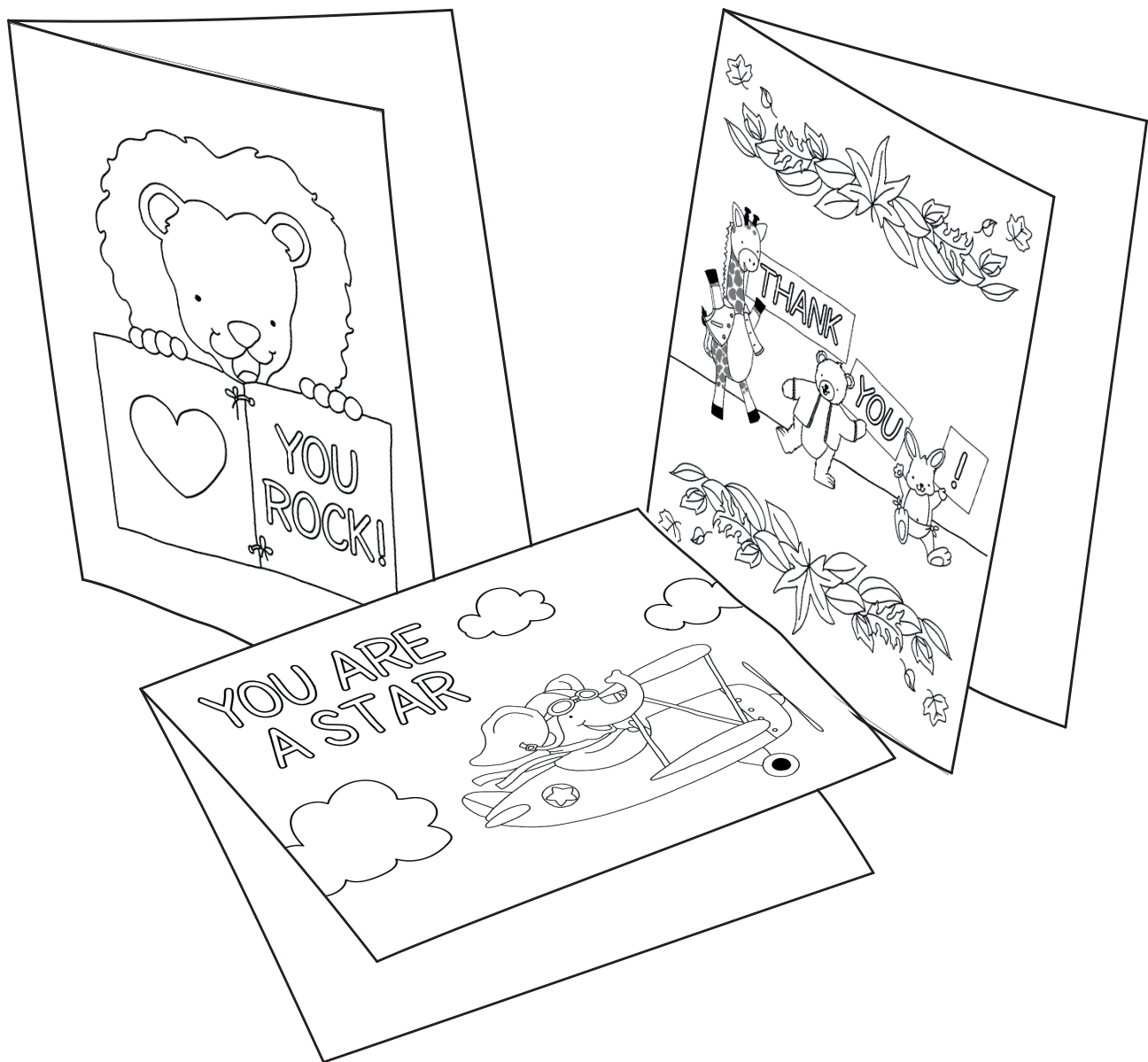
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CUTTING LINE



FOLDING LINE

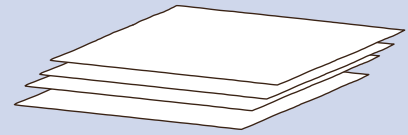
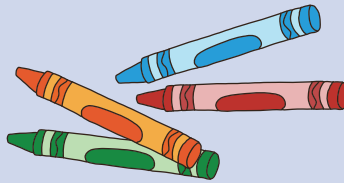
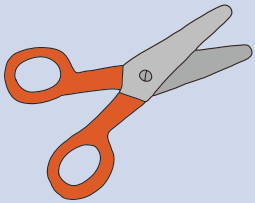




Give thanks and share your gratitude with these do-it-yourself greeting cards. Gratitude is a social and emotional skill that shows your child the importance of getting along with others. Cultivate your child's well-being through modeling gratitude and creating these thank you cards.

What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- 8½ x 11 white paper (for printing)



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the cards.
2. Cut out the gratitude cards along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the cards. If they are not ready to use scissors, you can hold their hand and cut the cards together.
3. Help your child fold the cards down the middle.
4. Depending on your child's skill level, have them trace over the letters and words on the front of the card. Tracing is the first step to writing!
5. Have your child decide what they would like to do: Draw a picture? Create a message for you to write down? Or sign the card on the inside?
6. Then your child can give their thank you card to a friend, family member, teacher, caregiver, community worker, or coach.

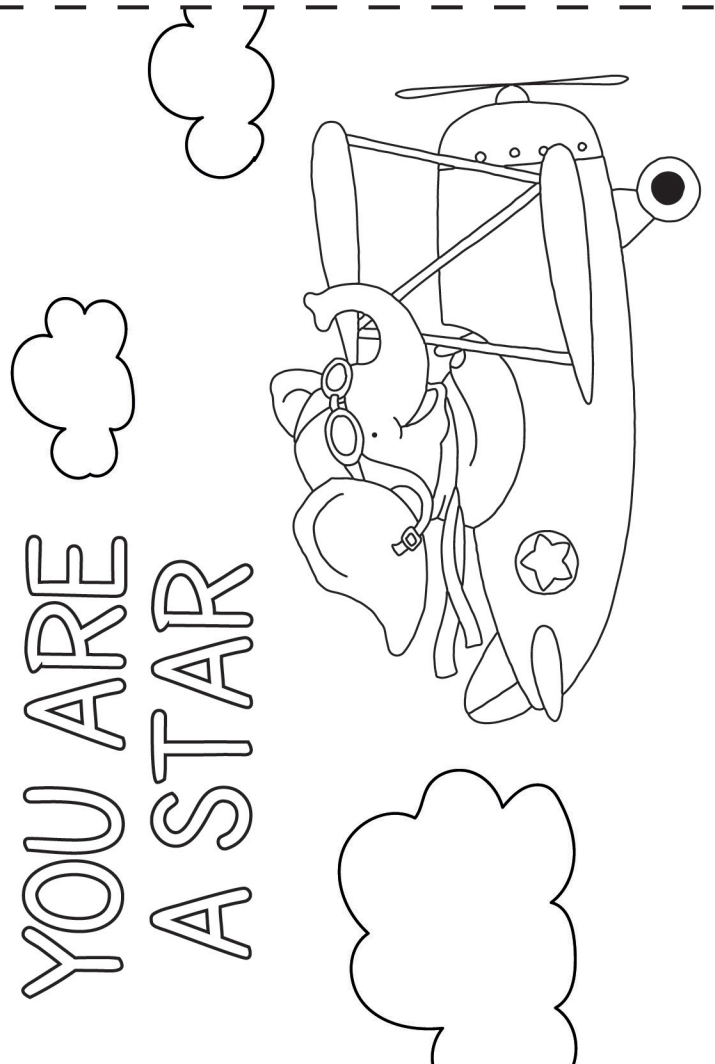
Making crafts and doing activities is always fun! But remember, Playing With a Purpose is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.





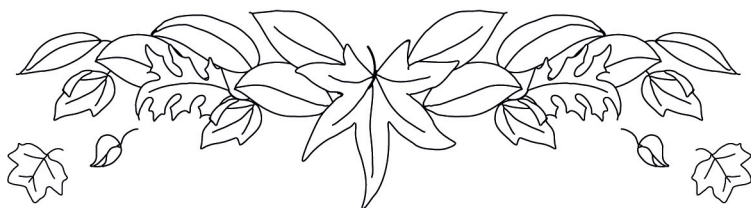
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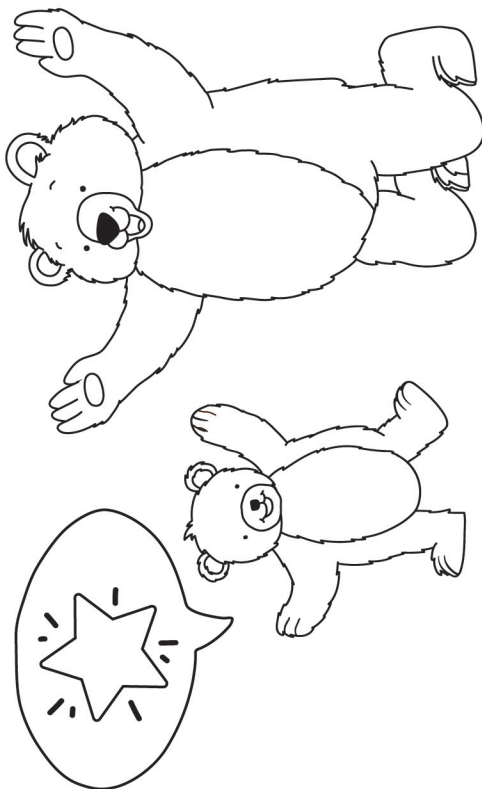
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GREAT JOB ON!



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DIY GRATITUDE JAR



's

(NAME)

Gratitude Jar



I am grateful for:
My family

I am grateful for:



I am grateful for:
My friends

I am grateful for:



I am grateful for:
My teacher

I am grateful for:



I am grateful for:
My school

I am grateful for:



I am grateful for:
My pet

I am grateful for:



DIY GRATITUDE JAR



I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

I am grateful for:

Help your child identify all that they have to be thankful for by creating their own gratitude jar.

What you'll need:

- Scissors
- Empty and clean mason jar or plastic container
- 8½ x 11 white paper (for printing)

INSTRUCTIONS FOR CAREGIVER AND CHILD:



1. Print out the jar label and the gratitude slips on the previous pages of this document.
2. Personalize the gratitude jar by adding your child's name or your family's name to the jar label. If your child can write their name, ask them to write it on the label. You can write down their name with a light colored pencil for them to trace over. If they are not ready to hold a writing tool, you can help them by holding their hand and writing their name together.
3. Cut out the gratitude jar label and slips of paper along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the gratitude label and slips of paper. If they are not ready to use scissors, you can hold their hand and cut the cards together.
4. Put the jar in an easy-to-reach place for your child or family, but in a location where it won't be knocked over.
5. Slide the gratitude jar label into the container with the label facing out.
6. Place the gratitude slips next to the jar.
7. Ask your child what they are grateful for and then write it on the slip of paper. Or your child can color the premade gratitude slips if they need help coming up with ideas. Read the full sentence on the piece of paper to your child and ask them to repeat what you read to them. Encourage their creativity by allowing them to draw something and, when ready, ask them to drop the gratitude slip into the jar.
8. Encourage your child and family to continue to write on the gratitude slips and read what they are grateful for. Have them drop the slips into the jar throughout the month. Once the jar is full, go back and read the slips together to reflect on the different things your child and family are grateful for.

Making crafts and doing activities is always fun! But remember, Playing With a Purpose is being actively engaged in your child's play. These activities are intended to enjoy together at the same time you ensure your child's safety and offer help as needed.



ACTS OF KINDNESS DICE

Practice kindness with the Acts of Kindness Dice. Featuring six different acts of kindness, your child can engage in meaningful activities that encourage kindness at home and in their community. Cut, fold, glue, roll, and be kind!

Play With a Purpose



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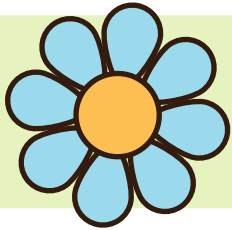
22 Relating to Others
25 Taking Responsibility
26 Developing Emotional Well-being

GIVE A KINDNESS FLOWER

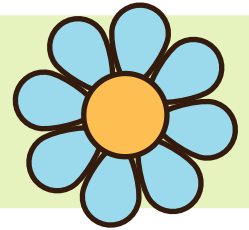


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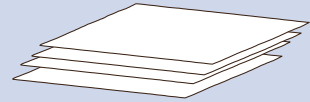
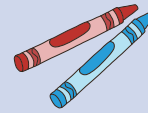


Celebrate the spring season by creating and giving a Kindness Flower to a friend, family member, neighbor, teacher, or community caretaker.



What you'll need:

- Scissors
- Crayons, colored pencils, or colored markers
- 8 1/2 x 11 white paper (for printing)
- Glue or glue stick



INSTRUCTIONS FOR CAREGIVER AND CHILD:

1. Print out the Kindness Flower pages.
2. Have your child color in the petals, stem, and pot with crayons, colored pencils, or markers.
3. Cut out each petal, the stem, and the pot along the dotted lines. If your child can cut by themselves, ask them to practice their scissor skills by cutting out the petals, the stem, and the pot. If they are not ready to use scissors, you can hold their hand and cut the pieces together.
4. Write the name of the person your child wants to give their flower to at the top of the stem in the center of the flower.
5. Ask your child to choose petals with the qualities that describe the person they are giving the flower to. Glue the petals to the top circle of the stem. Take advantage of this opportunity to have a conversation with your child about the words on the petals.
6. Practice kindness and give the flower to the person.

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GIVE A KINDNESS FLOWER



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Read Together 20 Minutes Every Day™

Helpful

Compassionate

Kind

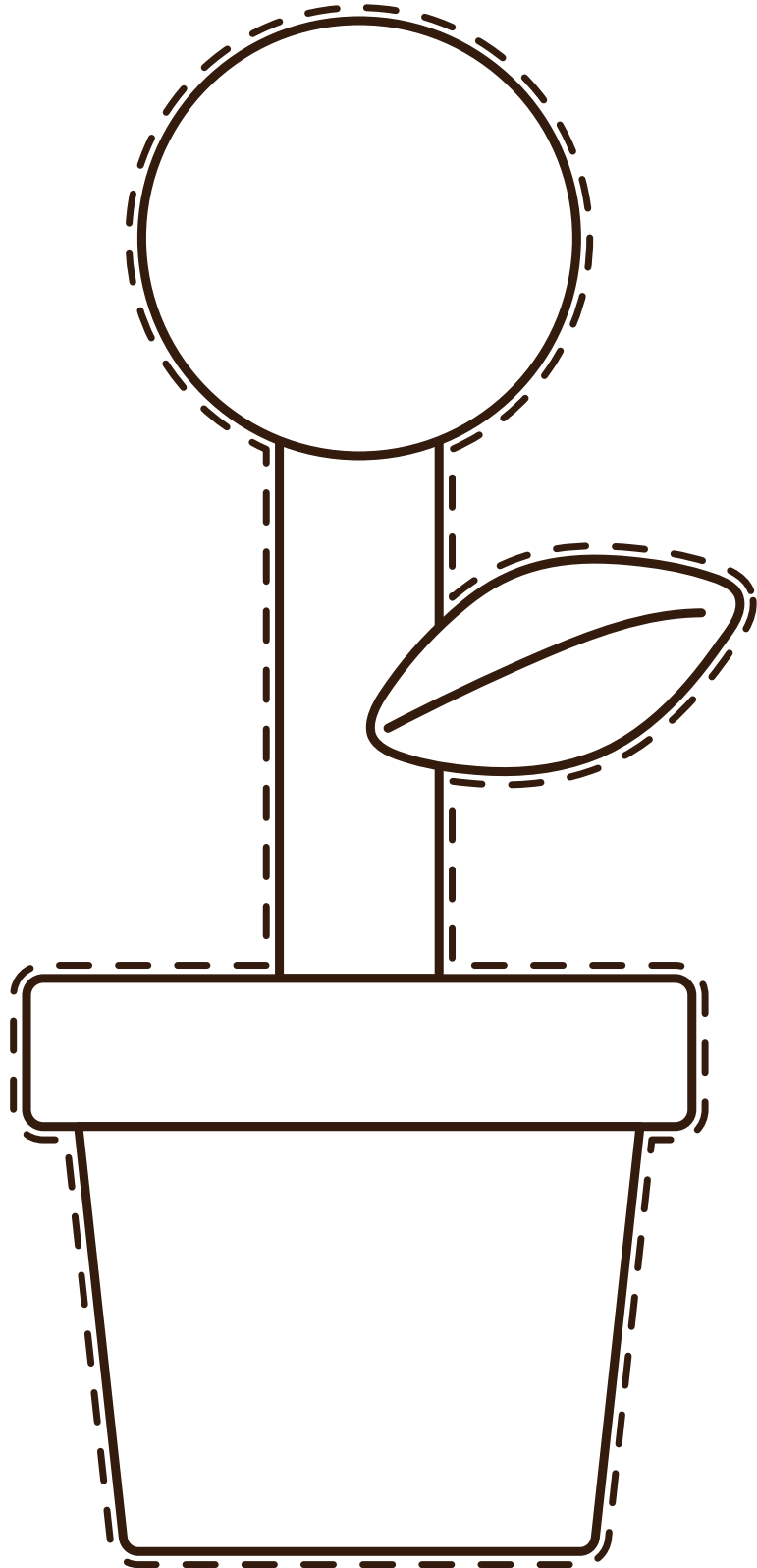
Brave

Friendly

Caring

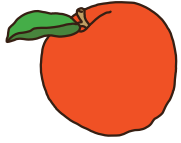
Generous

Respectful





Thank You for Being My Teacher!



My favorite thing about my teacher is

My teacher always says

My teacher helped me learn

My teacher likes it when I

My favorite activity this year was

Thank you for being a great teacher!

From



My Teacher & Me

