



**What Do I Do? (🌈 A Social Health Story)  
(K – 5-6 yrs.)  
Craft: Show a Little Kindness**



**STORY CONNECTION: SLIDE 1 (Approx Time: 25-30 mins)**

This story is about Social Health – which is the S in SPECTacular. Social Health means you are keeping your brain healthy by being social. “Being social” means you love yourself and you are nice to yourself. It also means that you like and are nice to other people. When you are nice to yourself and others, that makes your brain healthy.

**Materials needed:**

- Paper
- Crayons, markers, colored pencils, etc.
- Stickers or other craft supplies (optional)
- Chart paper/whiteboard/projector

**Preparation needed:**

- Have a piece of blank chart paper/board space/document readily available to write a list of people (card recipients) on.
- On a separate piece of chart paper/board space/document, write phrases specific to your environment (school, home, camp, etc.) to display for student(s) to copy from. Use phrases that your student(s) will be able to copy.
  - For example: Thank you! Thank you for helping me. You are so kind. You are so nice. You are important to our school. Thank you for all you. You make our school wonderful.
- Decide how student(s) will receive materials for making cards (before the activity begins or pass out after step 12).
- Determine how kindness cards will be delivered upon completion of activity. If possible, have student(s) hand deliver the letters at some point.
- OPTIONAL: A pre-determined list of recipients could be helpful when creating cards with younger student(s). This could be used to guide card assignment. You can also encourage student(s) to use the recipient's name on the card.
  - For example: 4 custodians, 6 cafeteria employees, 2 guidance counselors, 1 librarian, 5 bus drivers, 3 secretaries, 1 resource officer, 1 crossing guard
  - Create a list of recipient names for student(s) to use (Ex: Mr. Wilson, Ms. Smith, Mrs. Rivers).

**Instructions:**

1. In this activity, student(s) will make kindness cards for people around them because being nice to others is good for your Social Health.
2. Ask student(s) the following question and have a few student(s) share answers out loud.
  - a. Who are people that help you?

Potential Responses:

Mom, Dad, My teacher, my friend, my coach, my aunt, my grandpa, my brother, etc.

3. There are people everywhere that help us. Ask student(s) the following question(s) and have a few student(s) share answers out loud.
  - a. When you are at school who helps you? When you are at home who helps you?  
Example Responses Based on Environments:  
School: secretaries, custodians, resource officers, crossing guards, and cafeteria employees.  
Home: mail people, delivery drivers, landscapers, etc.
4. Review the list and ask a few student(s) about specific people on the list:
  - a. How is a bus driver helpful? My bus driver helps me by driving me to school.
  - b. How is a mailman helpful? My mailman delivers letters and packages to my home.
  - c. How is a crossing guard helpful? The crossing guard stops cars so I can cross the street safely.
5. After reviewing the list, explain to the student(s) that they will make a kindness card for someone on the list.
6. Ask student(s) the following questions. Have a few student(s) share responses.
  - a. What is a card? It is folded paper with pictures and words.
  - b. What kind of cards are there? Birthday cards! Christmas cards! New Baby cards!
  - c. Why do you give or receive a card? For a special day or reason. Just because
7. Remind the student(s) that being social means you are nice to yourself and others. Creating and receiving cards makes our brains happy.
8. Ask student(s) the following question and have a few student(s) share their responses.
  - a. What is important to include on a thank you or kindness card?  
Example Responses:  
name, pictures/drawings, "thank you" phrase, sincerely, how they help, why you are thankful
9. Display the list of prepared phrases.
10. Discuss the lists and other ideas shared by the student(s). Feel free to add more phrases or ideas to the existing list.
11. Ask the student(s) to think about who they want to make a kindness card for. If they cannot decide, then assign a specific person to each student. Multiple student(s) will probably complete cards for an individual. Do what works best for your situation.  
*\*Note: This would be an appropriate time to refer to your pre-determined list of recipients and/or display names.\**
12. Provide student(s) with an allotted amount of time to complete their card using all materials provided.
13. When the kindness cards are completed, ask the student(s) if they would like to deliver the cards themselves. If they do, then have them put the cards in their backpacks. If not, then collect the cards to be delivered.  
*\*Note: If it is possible for the student(s) to hand deliver their card at some point, this would be wonderful for their Social Health.\**
14. Ask student(s) the following question and have a few student(s) share their responses.
  - a. How do you think those receiving the cards will feel (or felt if student delivery was possible)?  
Possible Responses:  
happy, excited, or appreciative.
15. Ask student(s) the following question(s) and have a few student(s) share their responses.
  - a. How did it feel to make the card?
  - b. How do you think it will feel to deliver the card?  
Possible Responses:  
happy, proud, excited
16. In closing, remind the student(s) that Social Health means keeping our brains healthy by being nice to ourselves and others. If everyone felt good and happy about our kindness cards, then we did something good for our Social Health and our brains are happy. Plus, we made other people feel good too – so that is good for their Social Health.