

# **Be Kind**

**By: Pat Zietlow Miller**  
**Illustrated: Jen Hill**

**Synopsis:** When Tanisha spills grape juice all over her new dress, her classmate contemplates how to make her feel better and what it means to be kind. From asking the new girl to play to standing up for someone being bullied, this moving and thoughtful story explores what a child can do to be kind, and how each act, big or small, can make a difference--or at least help a friend. – from the publisher

**Suggested Reading Date:** Beginning of the year, World Kindness Day- Friday November 13<sup>th</sup>, 2020, Random Acts of Kindness Day- Wednesday February 17<sup>th</sup>, 2021.

### **Activity Descriptions:**

- Use as a springboard to set classroom charters and norms about how to people want to feel at school.
- Discussions and lessons around kindness and empathy. You could discuss the power of a bystander. – there are links to several rich resources below
- Have kids create posters, art, bookmarks that celebrate kindness
- Work on building emotional vocabulary by asking for words to describe how different characters might feel.
- Teach about Random Acts of Kindness and encourage students to try to do them- you could even organize a challenge.
- Create a t-chart of actions “friends do” and “friends don’t”

### **Related Websites:**

- Author website includes a video book trailer <https://www.patziertlowmiller.com>
- Artists website <http://jenhillstudio.com>
- Edutopia blog post on kindness in the classroom with lots of ideas and resources. <https://www.edutopia.org/blog/kindness-lesson-plan-rebecca-alber>
- Random Acts of Kindness Organization, a rich resource for lesson plans, quotes, and activities. <https://www.randomactsofkindness.org/for-educators>
- Reading Central Book highlight from RIF includes video read aloud and activities. <https://www.rif.org/literacy-central/book/be-kind>
- Positive Psychology.com lessons and ideas to teach kindness. <https://positivepsychology.com/kindness-activities-empathy-worksheets/>

**Text to Text Connections:** *I’m New Here, Last Stop on Market Street, Maddie’s Fridge, The Invisible Boy, Albert the Fix-it man, Each Kindness, The Kindness Quilt*

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