KINDNESS WEEK

STATION TASK CARDS

FOR ELEMENTARY SCHOOLS

iTeach and iWrite
Betsy Newmeyer

COMES WITH 40 KINDNESS TASK CARDS

USE FOR:

Centers Work stations

Differentiated Writing Tasks

Free Choice Activity

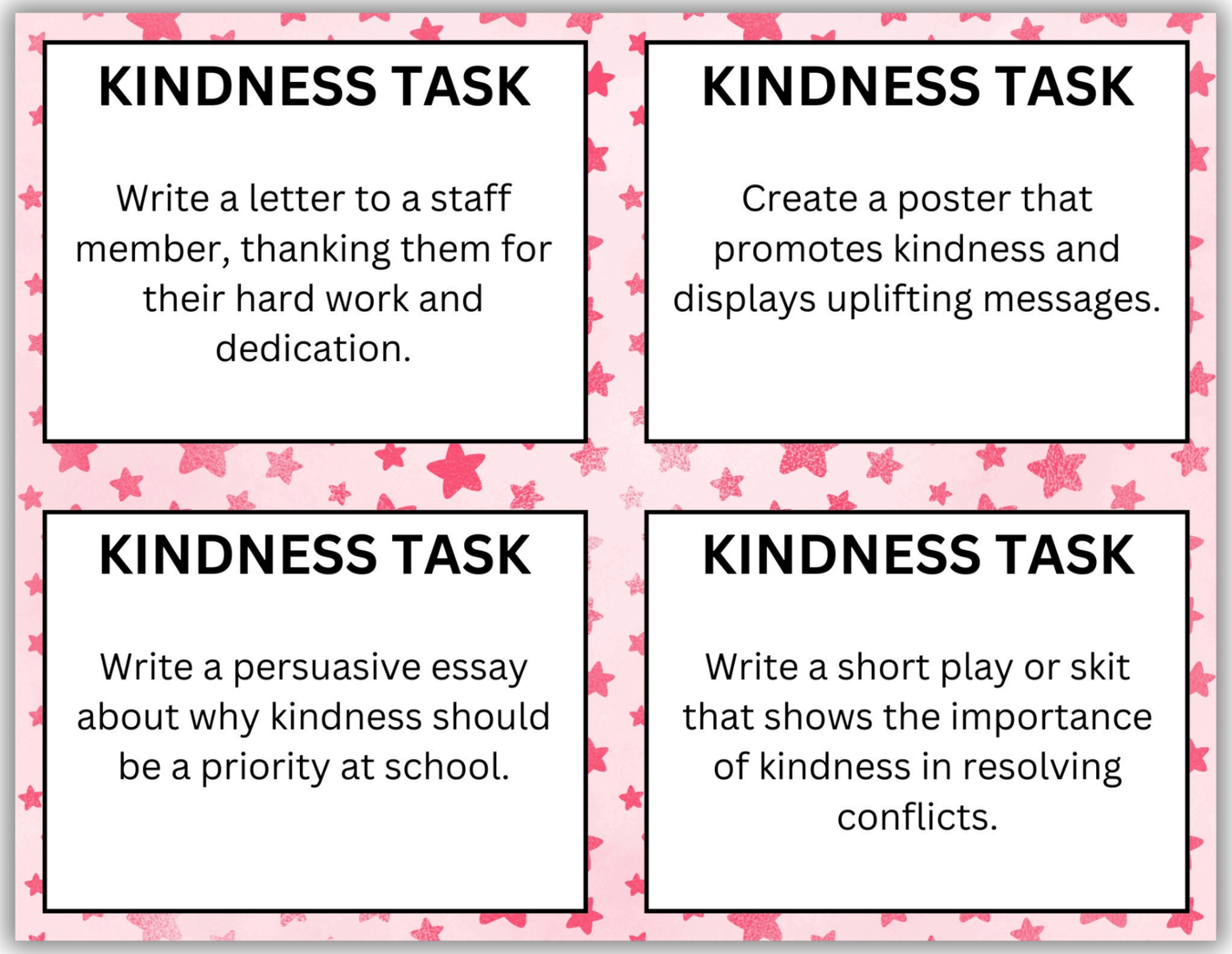
IDEAL FOR:

Kindness Week

Random Acts of Kindness Week

World Kindness Day

The Great Kindness Challenge



EASY PREP!
PRINT & CUT APART

KINDNESS TASK

Write a list of kind gestures you can do every day to make someone smile.

KINDNESS TASK

Write a letter to a family member, sharing a special memory that makes you grateful for their kindness.

KINDNESS TASK

Write a poem about a world filled with kindness, peace, and understanding.

KINDNESS TASK

Write a persuasive essay about why it's ess
practice kindne
when it's challe

KINDNESS TASK

Write a list of compliments for your classmates, then share them with each other.

KINDNESS TASK

Write a poem about how simple acts of kindness can brighten someone's day.

KINDNESS TASK

Write a thank-you note to a
ho always makes
eel valued and
upported.

KINDNESS TASK

Write a letter to the school principal, suggesting ways to promote kindness throughout the school.

KINDNESS TASK

Write a letter to someone who may be feeling lonely to offer your friendship and support.

KINDNESS TASK

Write a mini-book about different acts of kindness you can do at school or home.

KINDNESS TASK

Write a thank-you note to your school janitor or other staff member, expressing gratitude for their work.

KINDNESS TASK

Write a poem about how kindness can create a chain reaction of positivity.

KINDNESS TASK

Write a song or poem about the importance of including everyone and practicing kindness at recess.

KINDNESS

Write a short stor
character who le
importance of k
through a chall
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KINDNESS TASK

Write a thank-you note to a bus driver, showing appreciation for their safe transportation.

KINDNESS

Write a short pla
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NESS TASK

urnal entry about
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stranger.

KINDNESS TASK

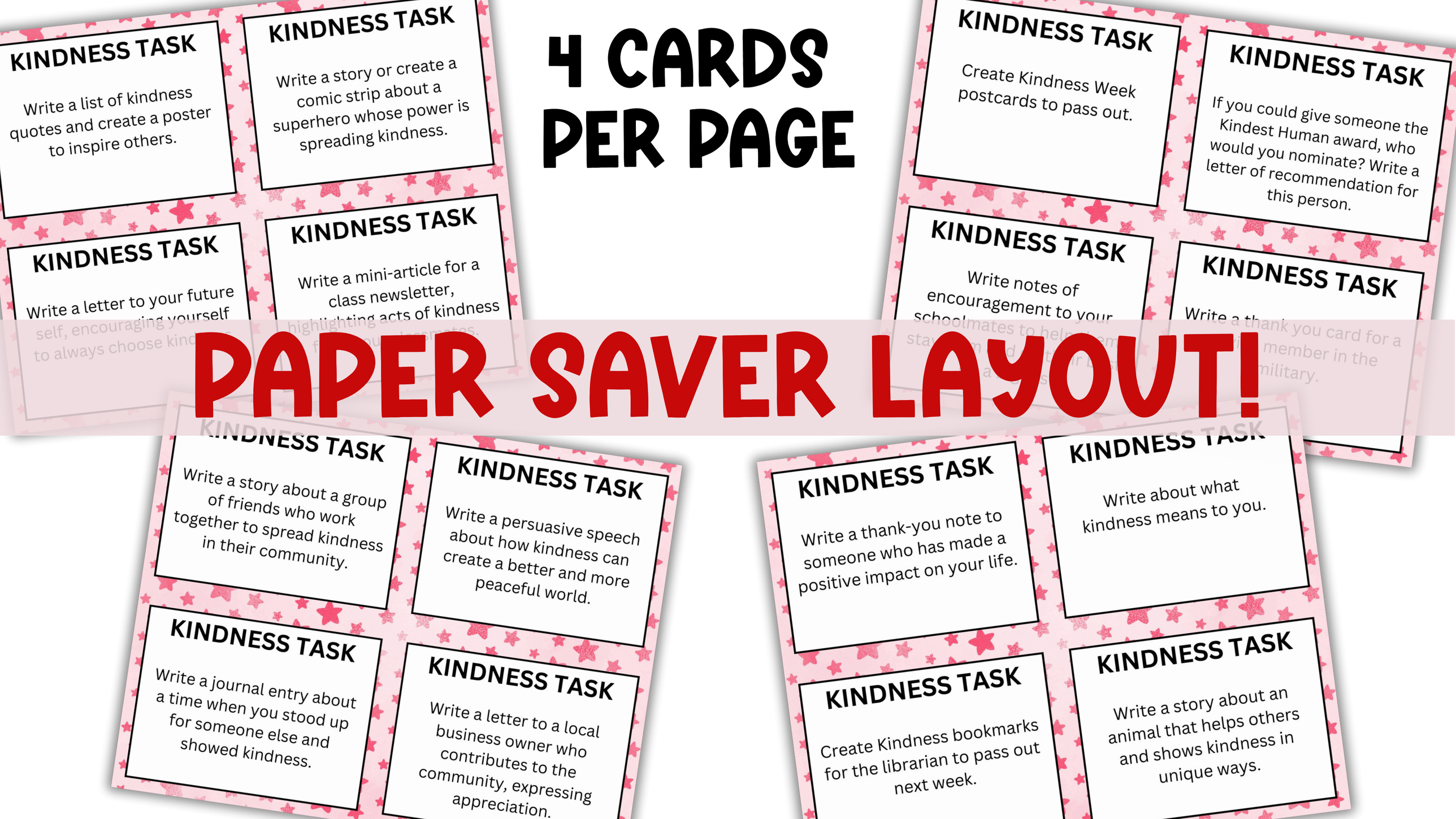
Write a thank-you note to yourself, acknowledging your own acts of kindness and self-care.

NESS TASK

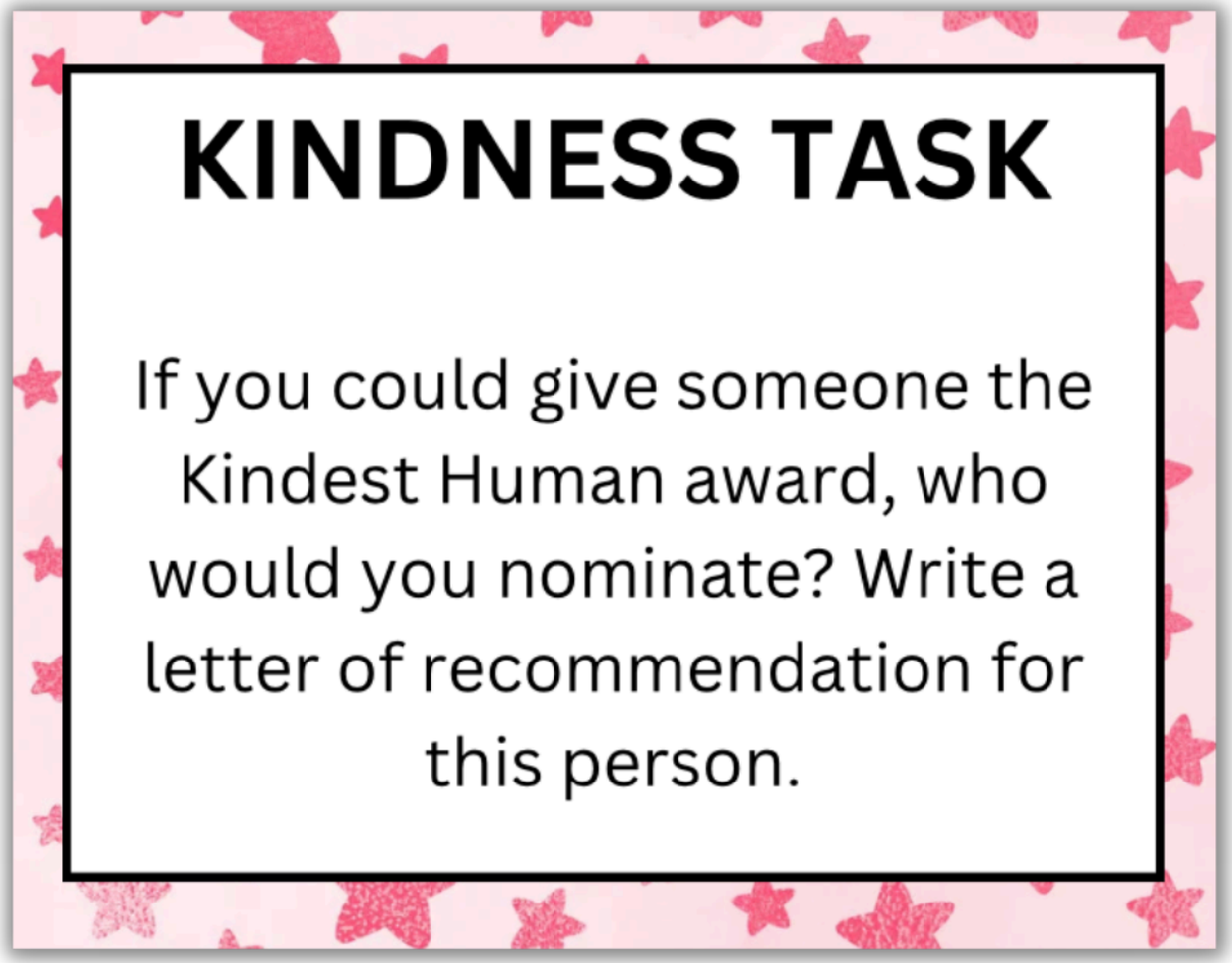
letter to a friend,
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you.

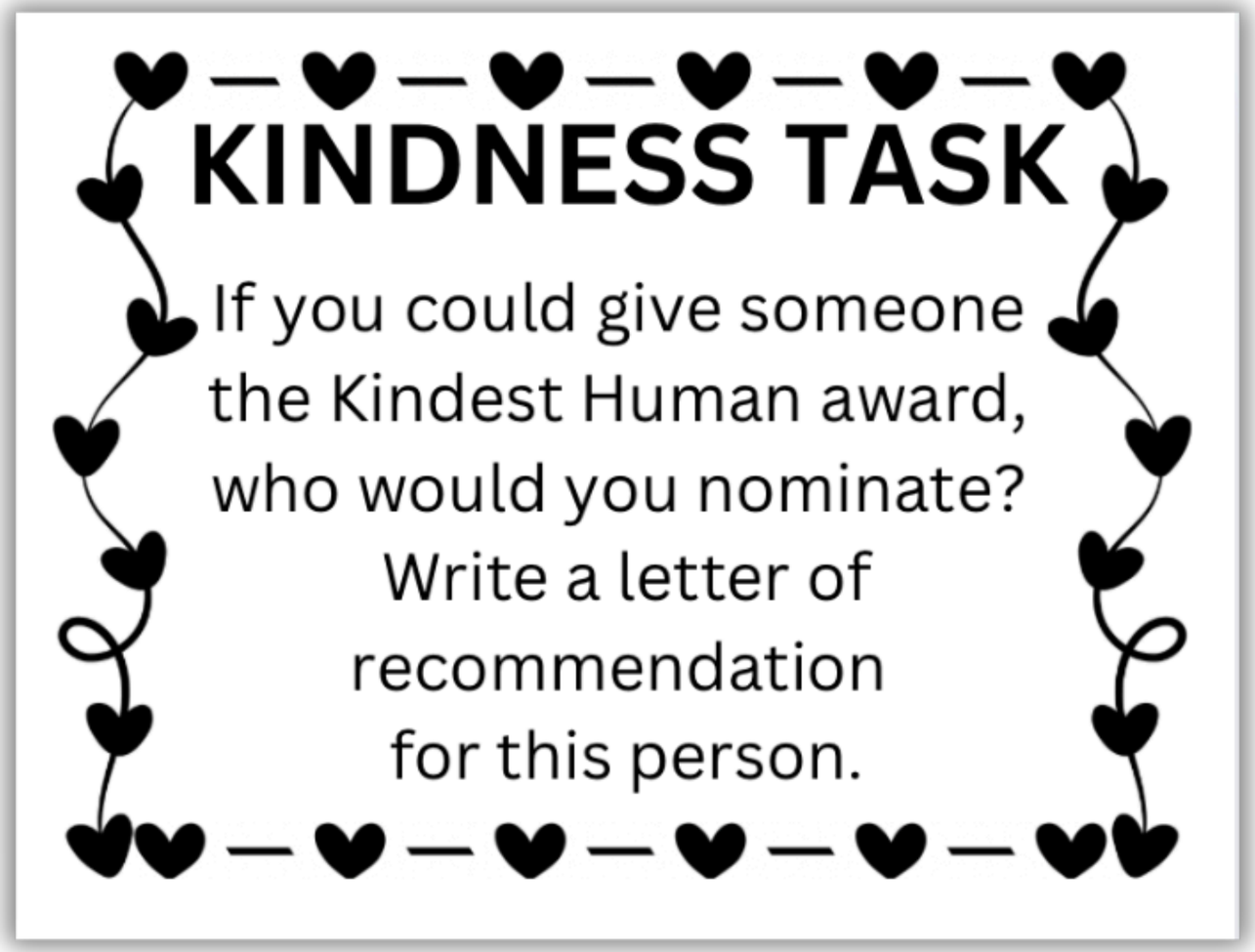
KINDNESS TASK

Write a story about a friendship that was formed through an act of kindness.


KINDNESS TASK
Write a list of kindness quotes and create a poster to inspire others.
KINDNESS TASK
Write a story or create a comic strip about a superhero whose power is spreading kindness.
KINDNESS TASK
Write a letter to your future self, encouraging yourself to always choose kind
KINDNESS TASK
Write a mini-article for a class newsletter, highlighting acts of kindness
4 CARDS PER PAGE
KINDNESS TASK
Create Kindness Week postcards to pass out.
KINDNESS TASK
If you could give someone the Kindest Human award, who would you nominate? Write a letter of recommendation for this person.
KINDNESS TASK
Write notes of encouragement to your
KINDNESS TASK
Write a thank you card for a
member in the
military.
PAPER SAVER LAYOUT!
KINDNESS TASK
Write a story about a group of friends who work together to spread kindness in their community.
KINDNESS TASK
Write a persuasive speech about how kindness can create a better and more peaceful world.
KINDNESS TASK
Write a journal entry about a time when you stood up for someone else and showed kindness.
KINDNESS TASK
Write a letter to a local business owner who contributes to the community, expressing appreciation.
KINDNESS TASK
Write a thank-you note to someone who has made a positive impact on your life.
KINDNESS TASK
Write about what kindness means to you.
KINDNESS TASK
Create Kindness bookmarks for the librarian to pass out next week.
KINDNESS TASK
Write a story about an animal that helps others and shows kindness in unique ways.

ALL TASK CARDS COME IN COLOR AND IN B&W





BE KIND TO YOUR MIND



1.I will love myself for who I am.
2.I will take care of my body by exercising, eating healthy foods.
3.I will learn from my mistakes, and forgive myself.
4.I will be a lifelong learner.
5.I will practice gratitude and count my blessings.
6.I will celebrate my achievements.
7.I will surround myself with people who love and respect me.
8.I will do small acts of kindness for others.
9.I will speak positive to myself.
10.I will persevere to overcome any challenges I face.

I WILL CHANGE

MY SMALL ACTS OF KINDNESS

1.	6.	11.	16.
2.	7.	12.	17.
3.	8.	13.	18.
4.	9.	14.	19.
5.	10.	15.	20.

SMALL ACTS OF KINDNESS

1. Greet people with a smile.
2. Say hello.
3. Draw a picture for someone.
4. Clean up trash when you see it.
5. Hold the door open for someone.
6. Make a new friend.
7. Offer to help others.
8. Give someone a genuine compliment.
9. Read to a younger sibling.
10. Help out around home without being asked.
11. Say thank you when someone does a kind act.
12. Invite a new classmate to join your group during recess.
13. Help a classmate who is struggling with something.
14. Collect and donate toys or books to a local shelter.
15. Write a thoughtful thank-you note to a teacher or mentor.
16. Plant flowers or trees in a community garden or park.
17. Create handmade cards for nursing home residents.
18. Help someone who has dropped their belongings.
19. Write and post encouraging messages on a sticky notes.
20. Cheer up a friend when they are sad.

MY KINDNESS PLEDGE

I pledge to . . .

KINDNESS WEEK REFLECTION

Doing small acts of kindness for others makes me feel . . .

INCLUDES 2 FOLDABLE TABLE TENTS

KINDNESS WEEK

PULL-TAB POSTERS

FOR ELEMENTARY SCHOOLS

iTeach and iWrite
Betsy Newmeyer

CELEBRATE AND PROMOTE

KINDNESS WEEK

SMALL ACTIONS TODAY CAN SAVE THE WORLD TOMORROW.



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Pick up trash when you see it, even if it isn't yours.

Plant flowers at home.

Don't waste food or water.

Recycle items you no longer want.

Be kind to your body by exercising.

Help your family by doing a chore.

Volunteer to help someone.

Make a card for a neighbor.

Make a birdfeeder and hang it up.

Plant a tree.

SPREAD KINDNESS WITH RANDOM ACTS OF KINDNESS SUGGESTIONS



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- Smile and say hello.
- Hold the door for people.
- Invite someone new to join your game.
- Make a new friend today.
- Sit beside a friend who is sad and just listen.
- Leave notes of encouragement for people to find.
- Help someone carry something.
- Write a list of reasons why someone is a good friend.
- Say please and thank you.
- Pick up litter.



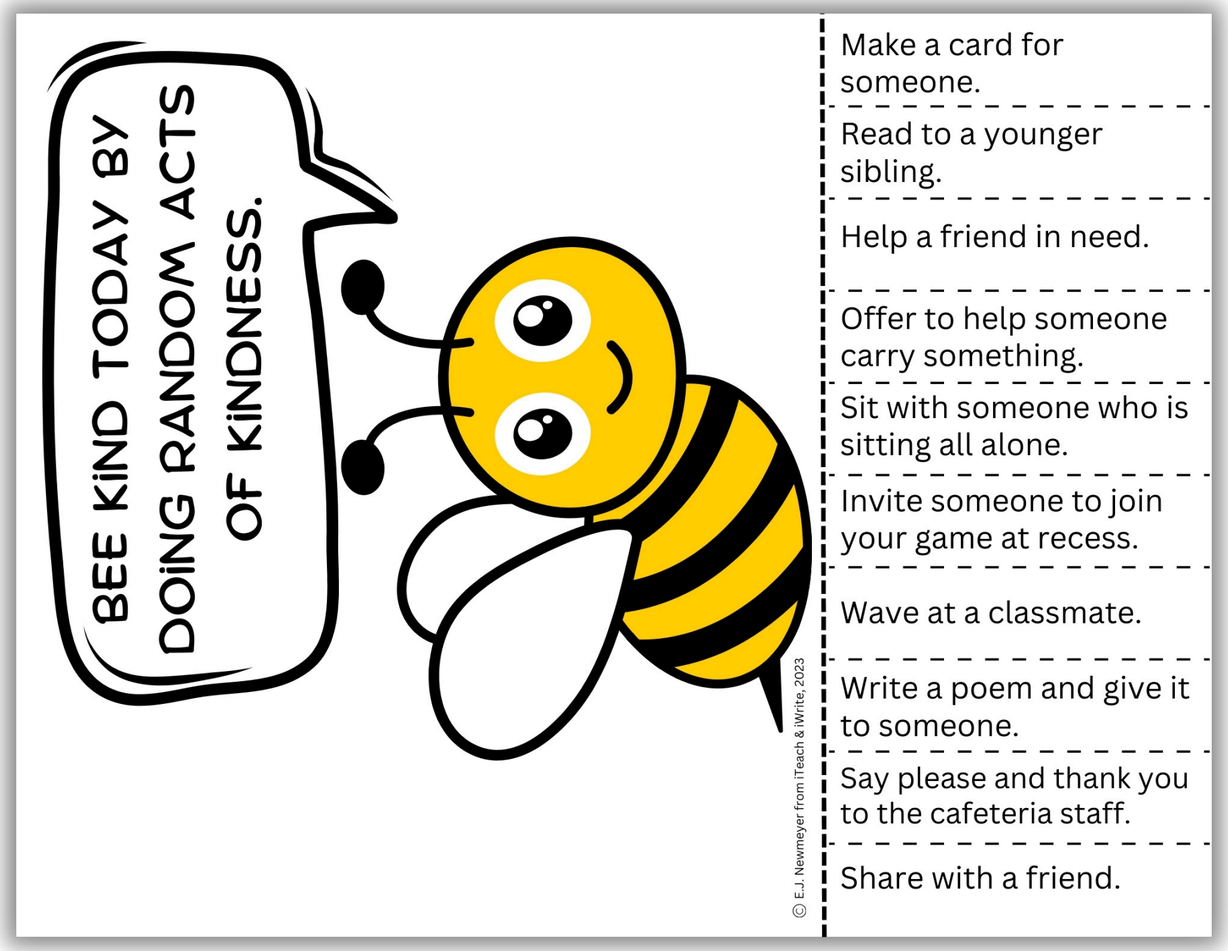
10 RANDOM ACTS OF KINDNESS

ARE GEARED TOWARD ELEMENTARY KIDS

EASY PREP!

PRINT, CUT & POST





RANDOM ACTS OF KINDNESS PULL TABS ARE DIFFERENT ON EVERY POSTER

IN COLOR

&

IN B&W

© E.J. Newmeyer from iTeach & iWrite, 2023

Make a card for someone.

Read to a younger sibling.

Help a friend in need.

Offer to help someone carry something.

Sit with someone who is sitting all alone.

Invite someone to join your game at recess.

Wave at a classmate.

Write a poem and give it to someone.

Say please and thank you to the cafeteria staff.

Share with a friend.

someone.

Read to a younger sibling.

Help a friend in need.

Offer to help someone carry something.

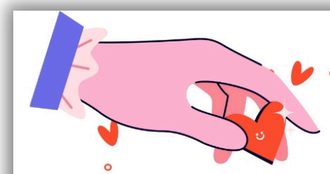
Sit with someone who is sitting all alone.

Invite someone to join your game at recess.

Wave at a classmate.

Write a poem and give it

INCLUDES WRITING PROMPTS FOR REFLECTION





Kindness MATTERS

If you did an act of kindness today, think about and answer the following questions.

Which act of kindness did you choose? Why?

Think about the person you did the act of kindness for. What was their reaction? How do you think this person felt?

How did you act of kindness make you feel?

Did anyone do an act of kindness for you today? How did it make you feel?

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PRINTABLE KINDNESS CARDS

FOR ELEMENTARY SCHOOLS

iTeach and iWrite
Betsy Newmeyer

SPREAD KINDNESS THIS SCHOOL YEAR WITH PRINTABLE KINDNESS CARDS



EACH CARD COMES WITH AN OPTIONAL KINDNESS WRITING PROMPT FOR THE BACK OF THE CARD



GREAT FOR:

Social-Emotional Learning

Character Development

Writing Activity

Spread Gratitude

Teachers & Counselors

Kindness Activities



CAN BE USED TO CELEBRATE:

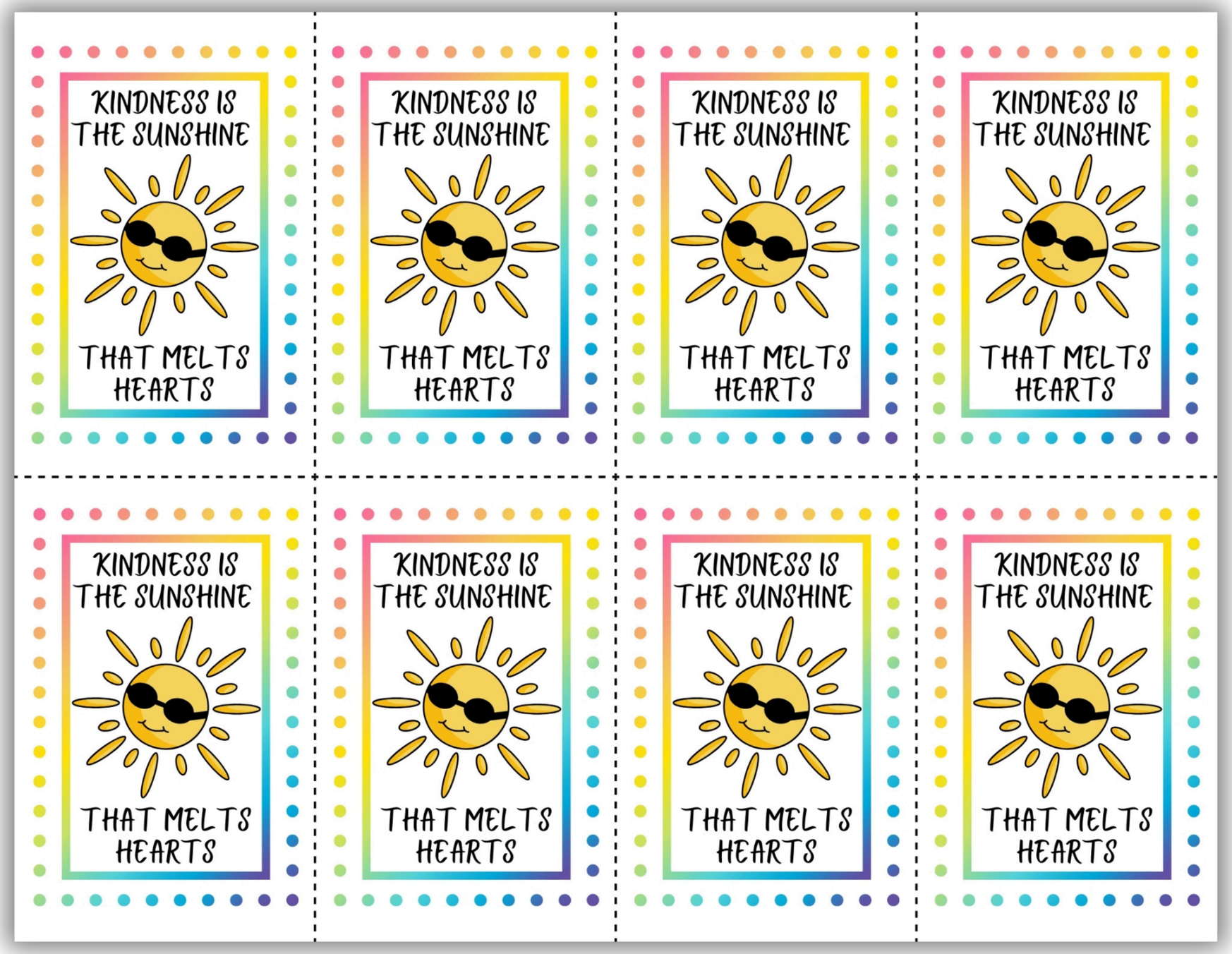
Random Acts of Kindness Week

World Kindness Day

The Great Kindness Challenge



PAPER-SAVER
LAYOUT PRINTS
8 CARDS
PER PAGE







ALL CARDS COME IN BOTH COLOR AND B&W

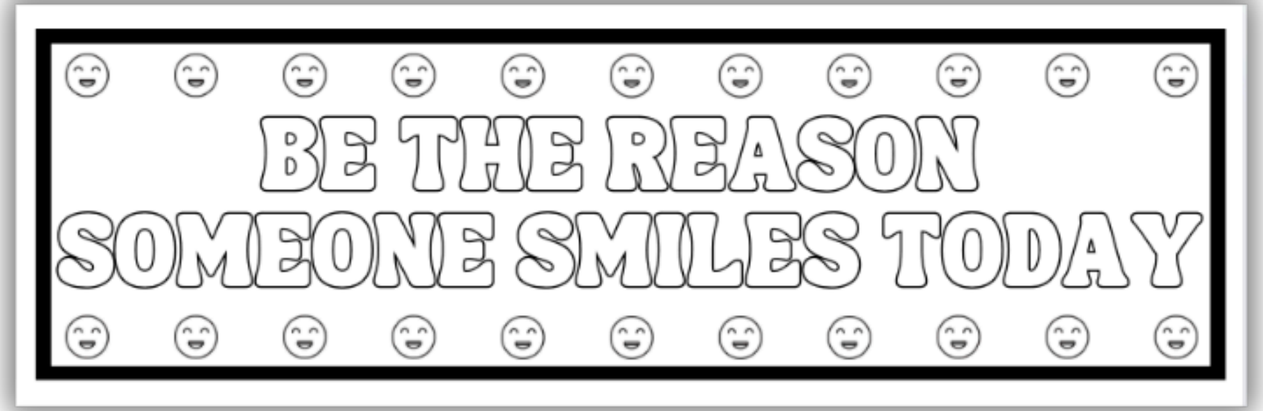
PRINTABLE
KINDNESS BOOKMARKS
FOR ELEMENTARY SCHOOLS

iTeach and iWrite
Betsy Newmeyer

SPREAD KINDNESS THIS SCHOOL YEAR WITH 10 PRINTABLE KINDNESS BOOKMARKS











KIND PEOPLE SAVE THE



Small acts of KINDNESS

make a BIG difference to the WORLD.

PLANT SEEDS OF KINDNESS



8 Ways I can show . . .

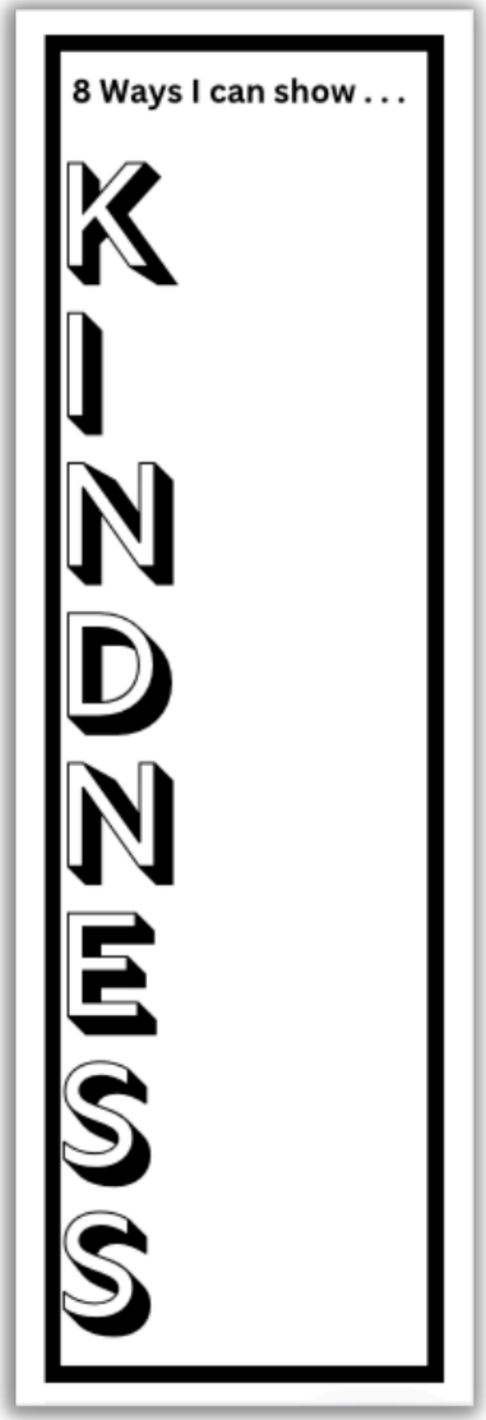
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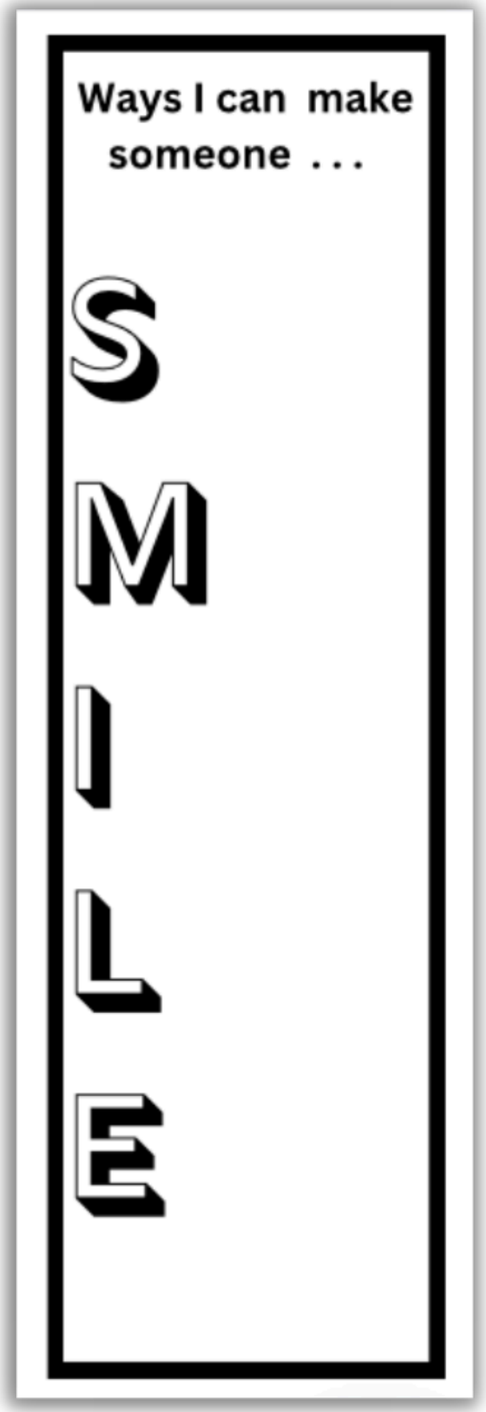
Ways I can make someone . . .

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PRINT & GO BOOKMARKS CAN BE DECORATED BY STUDENTS

THESE TWO BOOKMARKS CAN BE USED INDIVIDUALLY OR AS WRITING PROMPTS ON THE BACK OF THE OTHER BOOKMARKS





WANT MORE FROM iTeach and iWrite Betsy Newmeyer ?

BUY THE BUNDLE TO SAVE MONEY!



