



KINDNESS MATTERS

Let's celebrate **World Kindness Day**! Check out the ideas below to get started and try acts of kindness all month long.



Draw a surprise doodle for someone.



Give someone a high five or fist bump.



Play with someone new or invite someone to join your game.



Say "good morning" to someone.



Tell someone a funny joke.



Ask someone how they're doing and really listen.



Do something kind for yourself.



Look for a chance to be a helper.



Be a kindness superhero and do one "secret mission" (like picking up trash or holding a door).



HealthPartners
Park Nicollet

WHY DID THE SCARECROW
WIN AN AWARD?



Answer: Because he was out-standing.

SEVEN THANKFUL DAYS

There's always something to be thankful for, big or small.
Each day, try one thankful idea. **Draw or write your answer.**



PERSON

Think of someone who makes you smile.

Bonus: Tell them!



PLACE

What's a place you like to go that makes you feel happy or cozy?



SOMETHING SMALL

What's one small thing that makes your day feel good?



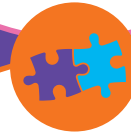
NATURE

What do you like most about being outdoors?



YOURSELF

What's something you like about you?



SOMETHING TO DO

What's an activity, game or hobby you're glad you get to enjoy?

Bonus: Do it this week!



SURPRISE

Look around you right now.
Can you see one thing nearby that you're thankful for?

Did you know?

Thinking thankful thoughts turns on the parts of your brain that make you feel happy.

SPOT THE DIFFERENCE

Look closely at the two pictures. There are **7** things that are different.
Can you find them all?



Answer: In the second image, the guitar is missing a black bar, the pink car on the shelf, the color on one of the chess pieces, the girl doesn't have her hat on, the yellow book on the top shelf of the bookcase, the blue shirt on the girl sitting in front of the bookcase, the middle drawer is missing its handle.

CHOMP'S BOOK CLUB

Reading is a fun way to relax, imagine and learn new things. Did you know Chomp has his very own book club? You can find book recommendations and even watch story time videos at powerup4kids.org/bookclub.

Chomp wants to know what you think! Use the activity below to share about a book you read, one from his list or any other book.



BOOK TITLE: _____

AUTHOR: _____

RATE IT! ★★★★★

My favorite part was when: _____

I think the main character felt:

☐ Happy ☐ Sad ☐ Lonely ☐ Brave

☐ Excited ☐ Worried ☐ Silly ☐ Kind

☐ Other: _____

Doodle their face:



Where did you read this book?

☐ At school ☐ At home

☐ At the library ☐ Somewhere else: _____

Who did you read it with?

☐ By myself ☐ A grown-up ☐ A pet

☐ A friend ☐ My class or teacher

This book gave me the idea to: _____

I'd recommend this book to:

☐ My family ☐ My friends ☐ My teacher

☐ My class ☐ Everyone! ☐ Other: _____

If I could be a character, I'd pick: _____

Because: _____

