Kinzley's Kindness Club

MY FEELINGS & KIND CHOICES



Name: _____ Date: _____

Draw, write, or tell a grown-up. Every feeling belongs.

1. HOW DO I FEEL TODAY?


Happy


Sad


Angry


Worried


Excited


Calm

Circle one or more. Or name your own: _____

2. WHAT HAPPENED?

Draw or write about a moment that brought up a feeling.

3. WHAT COULD HELP ME?

- ☐ Take a slow breath
- ☐ Ask for help
- ☐ Take a quiet break
- ☐ Talk to someone I trust

My own idea: _____

4. MY NEXT KIND CHOICE

What could I do that is kind to myself or someone else?

_____

_____

I can have big feelings and make kind choices.

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MY WORDS TO MYSELF MATTER

Name: _____ Date: _____

Draw, write, or tell a grown-up.

1. WHEN SOMETHING FEELS HARD



What might you say to yourself?

2. TRY A HELPFUL THOUGHT

I can't do it! → *I can ask for help and try one step.*

My helpful words:

3. MY NEXT SMALL STEP

Draw or write one thing you could try.

GO A LITTLE DEEPER · AGES 7-10

How can your words be kind AND true?

_____

_____

Learning takes practice. I can be kind to myself.

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MAKING ROOM FOR A FRIEND

Name: _____ Date: _____

Draw, write, or tell a grown-up.

1. NOTICE THE MOMENT



What might the child watching be feeling?

_____

We can ask instead of guessing.

2. WHAT COULD YOU SAY?

Add words that make room for someone.

Invite

Ask

Offer

3. DRAW AN EVERYONE-WELCOME GAME

GO A LITTLE DEEPER · AGES 7–10

What could you change so a new friend can join?

_____

_____

An invitation is kind. It's okay if someone says no.

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Name: _____ Date: _____

WHEN THINGS DON'T GO MY WAY

Draw, write, or tell a grown-up.

1. MY PLAN CHANGED

What were you hoping would happen?

2. NAME THE FEELING

Circle one.

Sad | Mad | Worried | Disappointed

Another feeling: _____



3. MY PLAN B

Circle something to try.



Take a breath



Ask for help



Try a new plan

Draw your new plan.

GO A LITTLE DEEPER • AGES 7–10

What can you change? What is outside your control?

_____

_____

I can feel disappointed and still find a next step.

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WE CAN WORK IT OUT



Name: _____ Date: _____

Draw, write, or tell a grown-up.

1. ONE PROBLEM, TWO VIEWS

Two friends want the same marker.

One friend might feel...

The other might feel...

2. PAUSE. LISTEN. MAKE A PLAN.

Draw or write a fair idea they could try.

3. WORDS I CAN PRACTICE

I feel _____ when _____.

Could we _____?

GO A LITTLE DEEPER • AGES 7–10

What could they do if their first plan doesn't work?

_____

_____

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If someone hurts or scares you, get help from a trusted grown-up.



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Name: _____

Date: _____

DIFFERENT TOGETHER

Draw, write, or tell a grown-up.

1. ALL ABOUT US

Ask your friend, then draw or write.

Something I enjoy	Something a friend enjoys

2. SAME AND DIFFERENT

Something we share	Something that makes each of us unique

3. A KIND CONNECTION

What could you try or learn together?

GO A LITTLE DEEPER · AGES 7–10

How can you show respect when you like different things?

_____

_____

We don't have to be the same to belong.