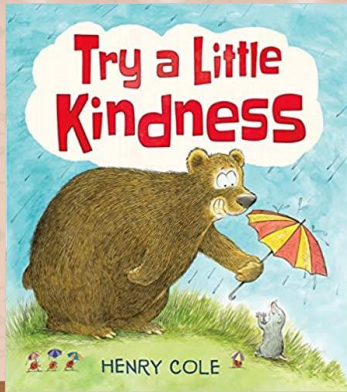


New York State  
**BOOK  
NOOKS**



## Try a Little Kindness

Kindness can be fun and the silly animals in this story show you how it can be done! From telling someone they are special, to holding the door for a friend; this story encourages children to try a little kindness every day.

**Title:** Try a Little Kindness

**Author:** Henry Cole

**Illustrator:** Henry Cole

**Publisher:** Scholastic Press

**Date published:** 2018

### Social and emotional Pyramid Model skills children can learn through this book:

Friendship skills

### Social and emotional words this book can emphasize:

Kindness, smile, hug, nice, please, thank you, share, special, praise, lonely, friends

### Pyramid Model Activities to do while reading the book that will help promote social and emotional development:

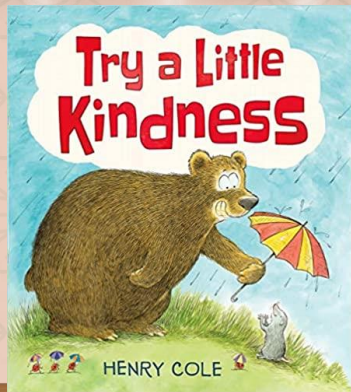
- Point out and discuss the actions of the animals on each page and the ways they exhibit kindness.
- Draw attention to the expressions on the animal's faces. Ask children to name the associated emotions and to describe and mimic the expressions.
- Talk about how it feels when someone shows you kindness and when you do kind things for others. Emphasize the good feelings.
- Relate the examples in the book to things children can do at school or home. Expand on the ideas and give specific examples. For example, greeting each friend as they arrive for the day or saying please and thank you during mealtime.

### Fun for Everyone!

### Activities to promote social and emotional development throughout the day:

- Create lists of "Acts of Kindness" children can perform at school and at home. Encourage children to carry them out and report back.
- When you notice children engaging in these acts, take pictures and display on a bulletin board in the classroom. Acknowledge the actions as you see them and talk about the pictures throughout the day as a reminder.
- Print copies of *I Can Be a Super Friend* <https://challengingbehavior.cbcs.usf.edu/Implementation/Program/strategies.html> to read to children and keep in the reading center. Refer to children as super friends when exhibiting the characteristics previously discussed. When you catch children being super friends, share with whole class. Provide super friends with capes to wear for the day. Take pictures and display on classroom bulletin board.
- Every time you catch a child being kind, add a token to a jar. When the jar is full celebrate with a "kindness party." Give everyone a cape to wear, dance, and play special games.

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## Try a Little Kindness

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- Provide capes in the dramatic play center for children to practice being super friends.
- Invite children to draw pictures of themselves doing something kind. Caption the pictures and compile into a book for the reading center. Include other books that demonstrate friendship and kindness.
- Send home certificates acknowledging each child's efforts to be kind. Ask families to share the child's efforts at home and acknowledge them during large group time. Super Friend Award template:  
[https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills\\_super-friend-award.pdf](https://challengingbehavior.cbcs.usf.edu/docs/SocialEmotionalSkills_super-friend-award.pdf)
- Show children the video of the Sesame Street song *Try a Little Kindness*. Learn the words and sing and dance along to get them energized and excited to be kind!  
<https://youtu.be/enARNnEzwi4>



Superhero: Elmo the Musical  
<https://youtu.be/txUDgpGpeV4>



### Related books

*A Sick Day for Amos McGee* by Philip C. Stead

*The Invisible Boy* by Trudy Ludwig

*The Bad Seed* by Jory John

*Be Kind* by Pat Zietlow Miller

*We're Better Together: A Book About Community* by Eileen Spinelli

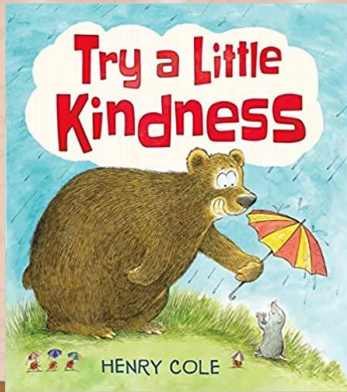
*Kindness Counts* by R.A. Strong

*ABCs of Kindness* by Samantha Berger

### Adult Modeling Kindness

Create a poster for adults to write on acknowledging kind deeds amongst one another. Display where staff & families can all see.

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## Try a Little Kindness

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### Resources for families

Watch a video read-aloud of  
*Try a Little Kindness*

<https://youtu.be/rdqfETbFtqE>



Using the book as inspiration, make a list of good deeds to do together. Check them off as you complete them and add more as you go!

Set a good example for your child and practice kindness when interacting with them and others. Point out kindness in others.

Gather materials and help your child make friendship bracelets to share with all their friends. Be sure not to leave anyone out!

<https://www.thesprucecrafts.com/ea-sy-friendship-bracelets-4846523>

Share the video for

*Kindness Is a Muscle*.

Discuss ways to flex your kindness muscle in your home and community.

<https://youtu.be/tp4gLX8FBDA>



### Related books

*The Kindness Book* by Todd Parr

*The Big Umbrella* by Amy June Bates

*Kindness Makes Us Strong* by Sophie Beer

*Pete the Cat's Groovy Guide to Kindness* by James Dean

*Baby Be Kind* by Jane-Cowen Fletcher

