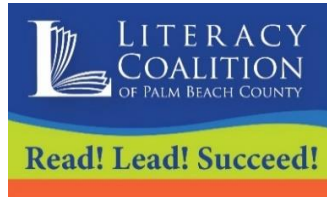


**READ, understand and THINK before you ACT.**



## *Leading through Reading*

### Spreading Notes of Kindness (3-5)

#### READ

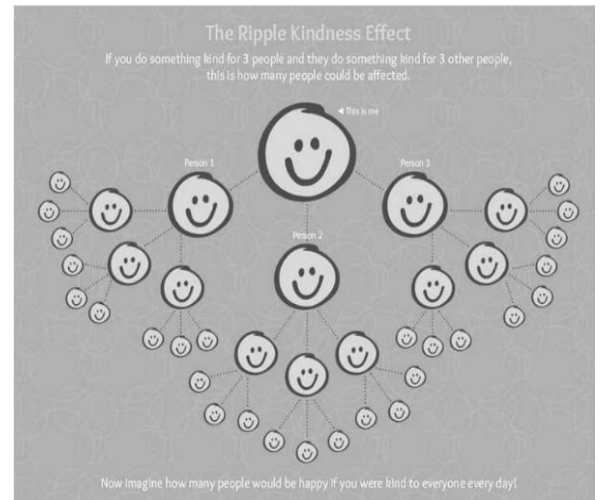
When we do something kind for another person, a feel-good chemical called serotonin is released in our brain that helps us to feel calm and happy! Scientists have proven people can catch kindness.

Right now, people are worried about spreading a virus, but you can spread something much better! The good news is that even when there is social distancing, you can spread kindness.

Don't spread germs! Spread kindness. Scientists have proven that people can catch kindness. Kindness infects people with happiness. It is very exciting that your act of [kindness can ripple](#). Your act of kindness can affect many people.



Listen & Read: [Be Kind](#) by Pat Zietlow Miller.



#### THINK

What do you think these two signs are saying? Do you have power?

Is one of your powers choosing how you think? Is another power choosing how you treat others?

How is this a difficult time to spread kindness, yet it is a very good time to spread kindness?

How many ways do you think you can spread kindness while we are limiting how many people we see each day?



#### ACT

1. Make a gift for a neighbor. Draw a picture. Make a card. Share something from your pantry or cabinet. Bake some cookies and put them in a sandwich bag with a note. Leave your gift outside their door.
2. Leave a positive message for a passersby. Use a post-it note or write with sidewalk chalk or paint a stone.
3. Make a happiness window in the front of your home. Cheer people up as they walk by! Put stuffed animals and a homemade cheery poster for all to see. Change the display each day.

Try to keep yourself happy too. Check out this [Coping Calendar!!](#) Follow the idea of [Chalk the Walk!](#)

*This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.*

*Read! Lead! Succeed! is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.*

*Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to [nbirardi@literacyabc.org](mailto:nbirardi@literacyabc.org)*