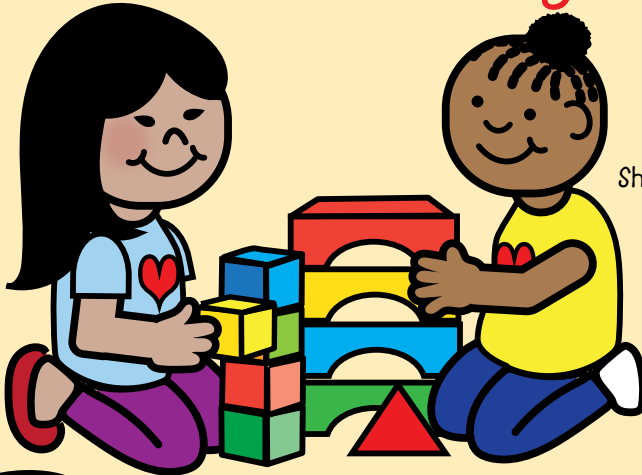


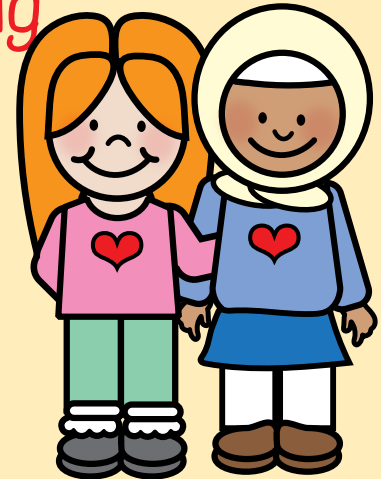
TOP 10 ACTS OF KINDNESS

Be A Buddy Not A Bully

Make a New Friend.



Share Your Toys.



Read to a Friend.



Wave Hello!

LoLo Smith

TOP 10 ACTS OF KINDNESS

Be A Buddy Not A Bully



LoLo Smith

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Community Workers & COVID-19

I Know My Community Workers

Ten Acts of Kindness

My Doll & Me: Superheroes Fighting Bullying with Kindness

The Little Town of Share-A-Lot

Sista CindyElla Mae: The African-American Cinderella

Max & Bo: A Rhyming Book About Holidays

Superheroes say No To Bullying; Yes To Kindness

All books are available at
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Bullying has become a serious problem. Many children skip school every day because they are afraid they will be bullied.

All of us must help prevent bullying. We must stop saying unkind things to one another. We must stop fighting each other. We must stop being unkind to each other on the Internet. We must learn to be kind to one another. Kindness is the new cool!

When you see the word bully, think what the letters could stand for:



B
U
L
L
Y

BE A FRIEND!

USE KIND WORDS!

LOOK FOR AND REPORT BULLYING!

LEARN TO UNDERSTAND OTHERS.

YOU CAN STOP BULLYING.

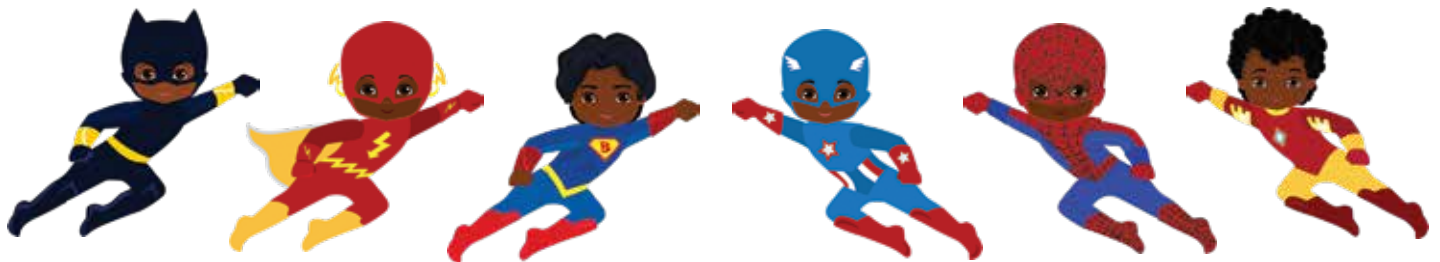


I PLEDGE TO SAY NO TO BULLYING!

- ☐ I pledge to stop bullying *my* sister or brother at home.
- ☐ I pledge to stop bullying other children at school.
- ☐ I pledge to stop bullying other children on the playground.
- ☐ I pledge to stop bullying on the Internet.
- ☐ I pledge to tell an adult when I see someone being bullied.
- ☐ I pledge to say no to bullying and be like a superhero.

Name

(COPY THIS PLEDGE ON A SHEET OF PAPER)



10 ACTS OF KINDNESS

THE SUPERHEROES FIGHT BULLYING WITH KINDNESS.

When children act kind to one another,
bullying decreases in schools.

It does not cost anything to be kind.

On the following pages are 10 acts of kindness
that children and parents can try together.



ACT OF KINDNESS #1

Batman and Batgirl say,
“Use sidewalk chalk and write
kind messages on the sidewalk or parking lot
in your neighborhood.”

A warm
SMILE is the
universal
language of
kindness.

4





ACT OF KINDNESS #2

Captain America and American Dream say,
“Think of three relatives that you do not see very often then write a nice, handwritten letter or card and drop it in the mail. Your letter or card will make them smile because it is rare to get a handwritten letter since most people just send texts or emails.”

**We RISE
by
lifting
others.**

6



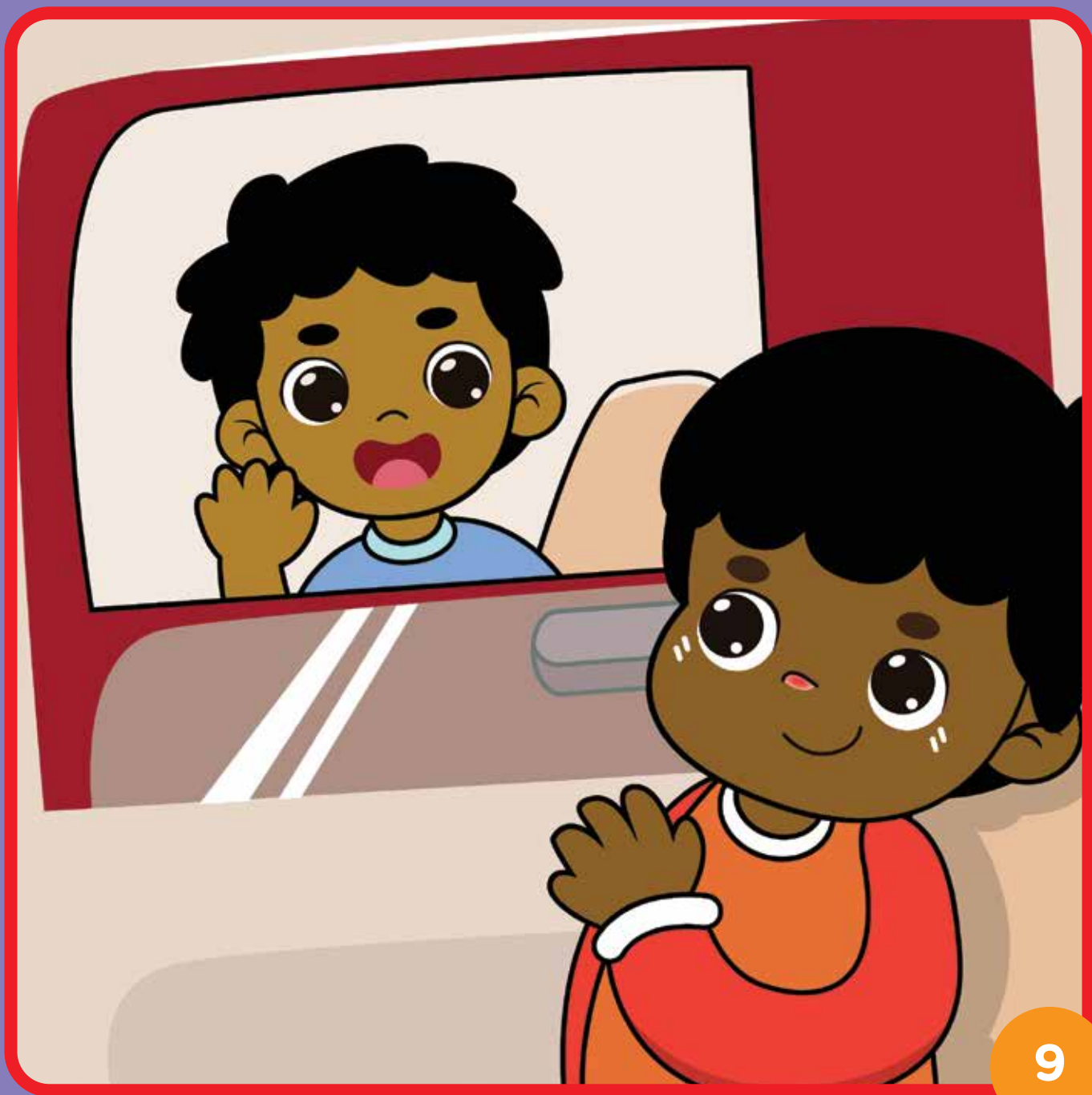


ACT OF KINDNESS #3

The Flash and Flash Girl say,
“The next time that you are in a car,
wave and smile at people in other cars
to see if they will wave or smile back at you.”

KINDNESS
is free.





ACT OF KINDNESS #4

The Hulk and She Hulk say,
“Take flowers to your teacher.
They are much better than apples!”

Never look
DOWN
on someone
unless
you are
helping them
UP.





ACT OF KINDNESS #5

Wonder Woman says,
"If you have elderly neighbors,
check in on them and
ask if you can be of any help."

No act of
KINDNESS,
no matter how
SMALL,
is ever wasted.





ACT OF KINDNESS #6

Spider-Man and Spider Girl say,
“Share a special toy with a friend.”

Choose
KINDNESS.



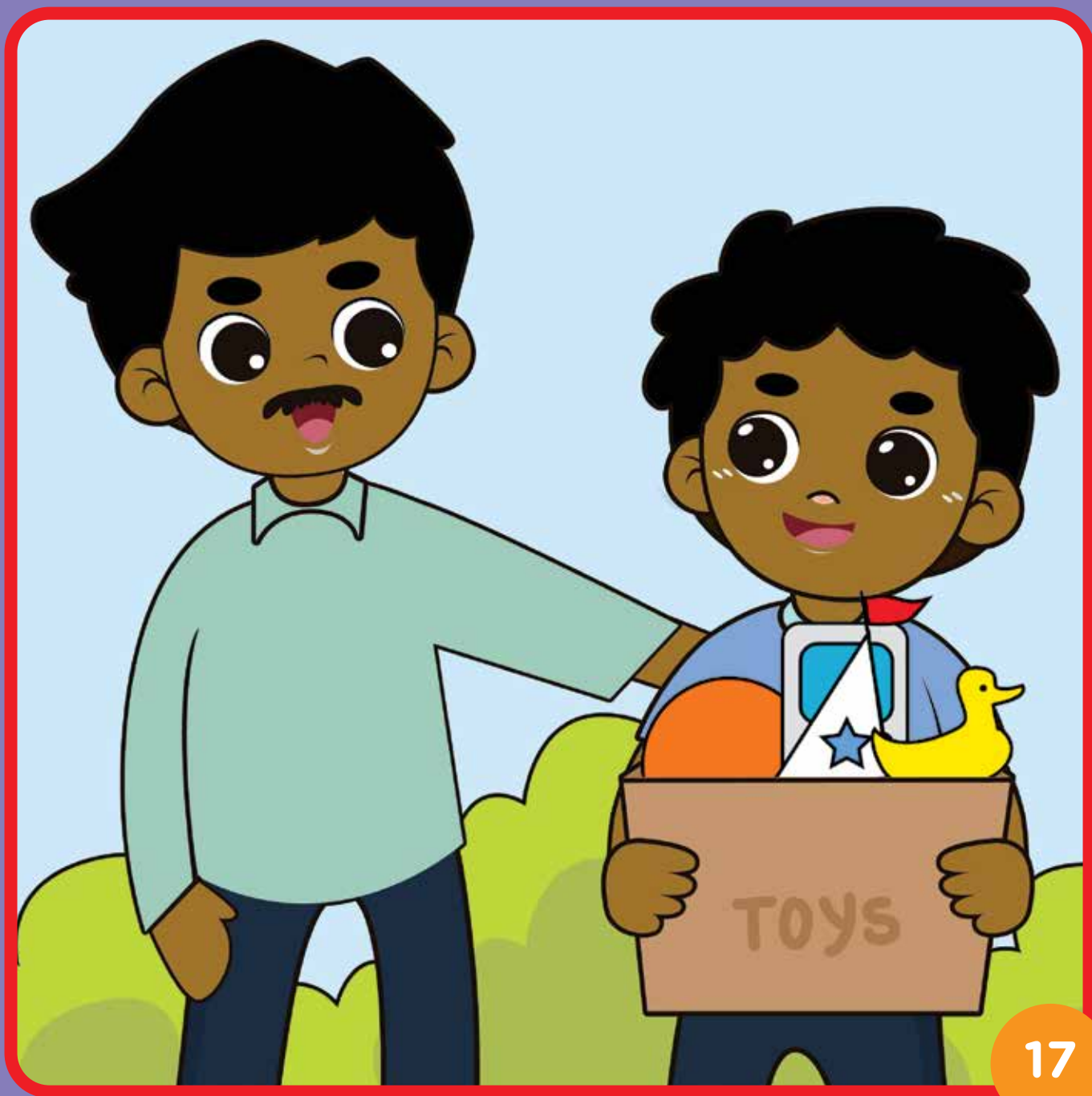


ACT OF KINDNESS #7

Robin says, "Ask a parent if they will take you to the children's hospital so you can donate your gently used toys."

KINDNESS
is always in
season.





ACT OF KINDNESS #8

The Green Lantern and Green Lantern Girl say,
“Make a thank you card for your
teacher or principal.”

One
KIND WORD can
change someone's
ENTIRE DAY.





ACT OF KINDNESS #9

Superman and Supergirl say,
“Read a book
to a younger sister or brother.”

KINDNESS
is the language
which the deaf
can **HEAR** and the
blind can **SEE**.





ACT OF KINDNESS #10

Iron Man says,
“You should invite a classmate who is easily left
out, to play on the playground.”

It's
COOL to
be KIND.





THE KINDNESS PLEDGE

- ☐ I pledge to be kind to my family at home.
- ☐ I pledge to be kind to my classmates at school.
- ☐ I pledge to be kind to my classmates on the playground.
- ☐ I pledge to be kind to others on the Internet.
- ☐ I pledge to tell an adult when I see someone being unkind.
- ☐ I pledge to be a buddy, not a bully.

Name

(COPY THIS PLEDGE ON A SHEET OF PAPER)



JUST FOR FUN!

TRUE OR FALSE

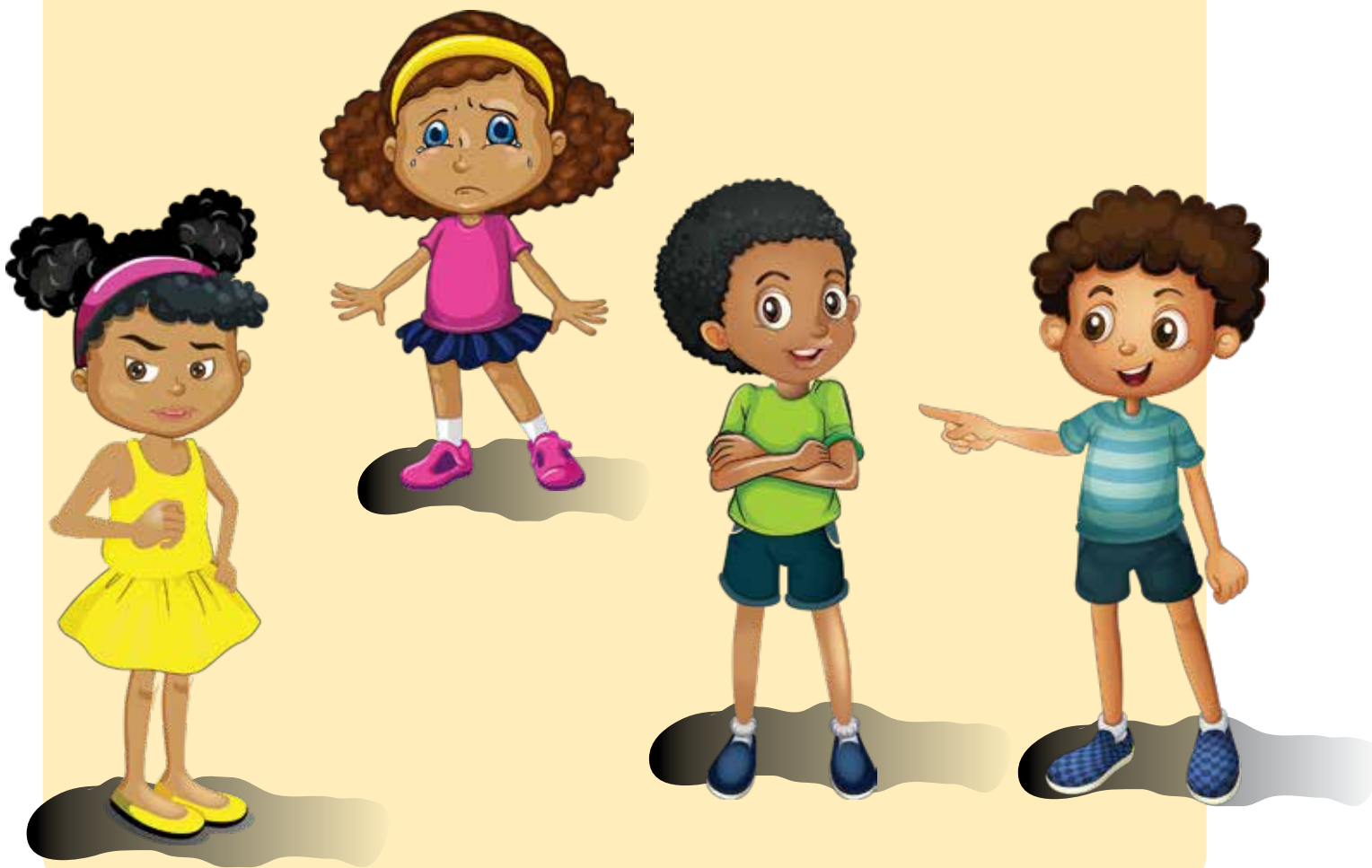
1. Bullying is okay.
2. Bullying can only happen in a few places.
3. Bullying can happen at home, at school, on the playground and on the Internet.
4. A type of bullying is verbal bullying.
5. Bullying is the same thing as friendly teasing.

Answers: 1. False 2. False 3. True 4. True 5. False

JUST FOR FUN!

Point to the picture of the person who plays the roles in a bullying situation.

1. The person who is called names, being hit or being left out.
2. The person who tries to hurt others.
3. The person who stands by and does nothing when another person is being bullied.
4. The friend of the bully who is happy to see the bully being unkind to others.



Answers: 1. Victim 2. Bully 3. Bystander 4. Ally

Use this BINGO-STYLE KINDNESS GAME to help encourage your child to practice simple, yet powerful, acts of kindness.

Kindness BINGO

Use this BINGO style Kindness Game to help encourage your child to practice simple, yet powerful acts of kindness!

WRITE POSITIVE MESSAGES ON THE SIDEWALK	SAY THANK YOU TO COMMUNITY WORKERS	HOLD THE DOOR OPEN FOR SOMEONE	RETURN A SHOPPING CART TO DESIGNATED AREA	SHARE TOYS WITH FRIENDS
VISIT SICK CHILDREN	SMILE AT SOMEONE WALKING NEAR YOU	PLAY WITH LONELY KIDS	SHOVEL FOR YOUR NEIGHBOR WHEN IT SNOWS	TELL YOUR PRINCIPAL HOW GREAT YOUR TEACHER IS
SING SONGS AT A NURSING HOME	GIVE FLOWERS TO TEACHERS	PLAY WITH LONELY KIDS	MAIL LETTERS TO PEOPLE	SEND LETTERS TO OUR MILITARY

Kindness BINGO

Use this BINGO style Kindness Game to help encourage your child to practice simple, yet powerful acts of kindness!

PLANT A TREE	VOLUNTEER	READ BOOKS FOR CHILDREN	HELP THE ELDERLY	PICK UP LITTER AND THROW IT AWAY
WRITE POSITIVE MESSAGES ON THE SIDEWALK	SEND THANK YOU NOTES	OFFER YOUR SEAT TO AN ELDERLY PERSON ON A BUS	SHARE YOUR LUNCH WITH A FRIEND	SHARE TOYS WITH FRIENDS
VISIT SICK KIDS	SHARE FRUITS AND SNACKS WITH OTHER CHILDREN	FREE SPACE	DO SOMETHING TO SAVE THE PLANET	CALL YOUR GRANDPARENTS AND SAY HELLO
SMILE AT STRANGERS	GIVE A CARD TO SOMEONE IN THE HOSPITAL	PLAY WITH LONELY KIDS	MAIL LETTERS TO PEOPLE	SEND LETTERS TO OUR MILITARY
MAKE A THANK YOU SIGN FOR THE TRASH MAN	WAVE TO PEOPLE IN CARS	GIVE FLOWERS TO TEACHERS	PET A FRIENDLY DOG	FORGIVE SOMEONE YOUR UPSET WITH

Kindness BINGO

Use this BINGO style Kindness Game to help encourage your child to practice simple, yet powerful acts of kindness!

BE A GOOD LISTENER	SEND THANK YOU NOTES	READ BOOKS FOR CHILDREN	HELP THE ELDERLY	DO A CHORE FOR SOMEONE WITHOUT THEM KNOWING
WRITE POSITIVE MESSAGES ON THE SIDEWALK	OFFER YOUR HELP TO SOMEONE WHO NEEDS	WAVE TO PEOPLE IN CARS	SHARE YOUR CANDY WITH YOUR FAMILY	SHARE TOYS WITH FRIENDS

Kindness BINGO

Use this BINGO style Kindness Game to help encourage your child to practice simple, yet powerful acts of kindness!

CHEER SOMEONE ON	SEND THANK YOU NOTES	TELL YOUR PARENTS HOW MUCH YOU LOVE THEM	VISIT SICK CHILDREN	COMPLIMENT SOMEONE
WRITE POSITIVE MESSAGES ON THE SIDEWALK	SAY THANK YOU TO COMMUNITY WORKERS	HOLD THE ELEVATOR FOR SOMEONE	RETURN A SHOPPING CART TO DESIGNATED AREA	GIVE FLOWERS TO TEACHERS
HELP THE ELDERLY	SMILE AT SOMEONE THAT WALKS NEAR YOU	FREE SPACE	WALK SOMEONE'S DOG	TELL YOUR PRINCIPAL HOW GREAT YOUR TEACHER IS
SING SONGS AT A NURSING HOME	TELL SOMEONE GOOD MORNING OR GOOD NIGHT	PLAY WITH LONELY KIDS	MAIL LETTERS TO PEOPLE	DONATE CLOTHING TO A SHELTER
MAKE A THANK YOU SIGN FOR THE TRASH MAN	WAVE AT PEOPLE IN CARS	SHARE TOYS WITH FRIENDS	DONATE YOUR OLD TOYS	READ BOOKS FOR CHILDREN

For Grades 1-3.

Use the illustrated KIDDIE BINGO KINDNESS GAME sheets with young children to be buddies and not bullies.



For Grades Pre-K to 1.

For FREE copies of these illustrated BINGO sheets,
send an email to: dothewritething1@gmail.com



ABOUT THE AUTHOR

Lolo Smith is an educator, writer and creator of Living Storybook, a literacy and performing arts program for young children. She has written 8 books for children on topics such as bullying, kindness, careers, COVID-19 and holidays. Her books feature Anime characters, community workers, superheroes, American Girl dolls and even dogs! All of her books can be found at amazon.com/author/lolosmith. Follow her on social media at facebook.com/lolo.smith.169405 or Instagram [@lolosmith2016](https://instagram.com/lolosmith2016).

ABOUT THE DESIGNER

Gloria Marconi is an illustrator and graphic designer who has been working in the Washington, DC area for nearly 50 years. A multi-faceted artist, Ms. Marconi specializes in print and works in a variety of media ranging from traditional to quilting to computer-generated illustration. Over the years, her clients have run the gamut from corporations to government to non-profits as well as editorial illustrations for books, magazines and advertising. She lives in suburban Maryland and can be reached at gmarconidesign@verizon.net.

TOP 10 ACTS OF KINDNESS

How do we change the world?

One act of kindness at a time!

Research shows that when children are taught how to be kind to one another, bullying is significantly reduced in schools.

**KINDNESS
is Free.**

**KINDNESS
is the NEW
COOL!**

**KINDNESS
is Always
In Style.**

**Choose
KINDNESS.**



THE BYSTANDER



THE BULLY



THE VICTIM



THE ALLY