

# TEN ACTS OF KINDNESS



LoLo Smith

Ten Acts of Kindness — Second edition

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**I**t is important to be kind and friendly.

It makes others feel happy  
when you are kind to them.

It does not cost anything to be kind.

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

Be a superhero by being kind.



# ACT OF KINDNESS #1

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.

2





# ACT OF KINDNESS #2

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.

4





# ACT OF KINDNESS #3

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.



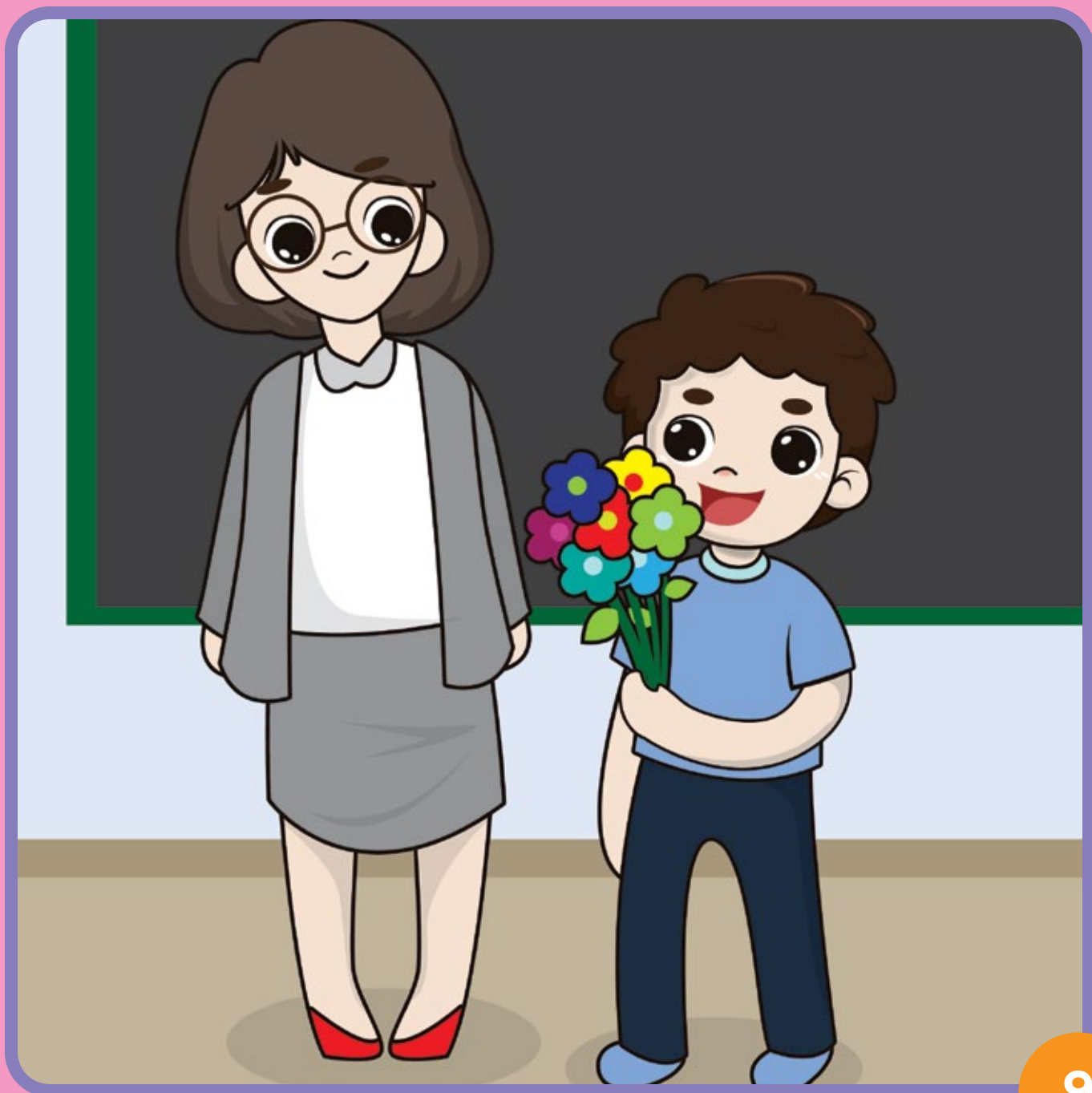


# ACT OF KINDNESS #4

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

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

Share a special toy with a friend.

Choose  
KINDNESS.

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# ACT OF KINDNESS #7

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

Make a thank you card for your teacher or principal.

One  
KIND WORD  
can change  
someone's  
ENTIRE DAY.





# ACT OF KINDNESS #9

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

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 at home.
- ☐ I pledge to be kind at school.
- ☐ I pledge to be kind 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 kind and be like a superhero.

\_\_\_\_\_

Name

(COPY THIS PLEDGE ON A SHEET OF PAPER)



## WOULD YOU LIKE THIS BOOK CUSTOMIZED FOR A SPECIAL GIRL?

**A** girl, age 3-9, and up to 15 other girls, will be photographed with 18" dolls in matching superhero costumes. The cost of \$800 includes a green screen photo shoot, digital files of all photos taken during the photo shoot, an electronic version of the book and 20 copies of a full-color, soft-bound customized book.

This is also a perfect activity for your child's school since the book can be customized with boys and girls (without the dolls).



## WOULD YOU LIKE THE AUTHOR TO VISIT YOUR CHILD'S SCHOOL?

**D**uring a storytime hour, the author will read the book then engage children in:

- singing songs about friendship
- reciting a kindness pledge
- STEM/arts and crafts activities (children will color and decorate superhero masks and use LEDs and coin batteries to make them light up).
- STEM/arts and crafts (children will use LEDs and coin batteries to make superhero cuffs/gauntlets light up).

## CONTACT INFORMATION

To schedule a photo shoot or author visit:

Call **202.518.1084** or email  
dothewritething1@gmail.com

# ABOUT THE AUTHOR

**L**oLo Smith is an educator, writer and creator of Living Storybook, a literacy and performing arts program for young children. She has written three other books, *Mr. Jordan Goes To Washington*, *I Know My Community Workers* and *Sista CindyElla Mae*, the African-American re-telling of the Cinderella story. She was raised and educated in St. Louis but has lived in Washington, D.C. for over forty years.

She has one adult son.

# ABOUT THE DESIGNER

**G**loria Marconi, an honors graduate of the Rhode Island School of Design, has worked as an illustrator and graphic designer in the Washington, DC area for over 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 design clients have run the gamut from corporations to government to non-profits. She has also created illustrations for many children's books and editorial illustrations for magazines and advertising.

She lives in suburban Maryland and can be reached at [gmarconidesign@verizon.net](mailto:gmarconidesign@verizon.net).