Kindness Week with Lumi

One small challenge a day. Write who you were kind to, then check the box.



DAY 1 · MON
Kind words

Give three people a real compliment.

Who? _____ ☐

DAY 2 · TUE
Helping hands

Help someone without being asked.

Who? _____ ☐

DAY 3 · WED
Share

Share a snack, a turn or a toy.

Who? _____ ☐

DAY 4 · THU
Thank you

Write a thank-you note to a helper at school.

Who? _____ ☐

DAY 5 · FRI
Include everyone

Ask someone new to play or sit with you.

Who? _____ ☐

For personal and classroom use.

Teacher guide: read me first

Kindness Week with Lumi · 10 minutes a day · K to grade 3 · 10 pages



What is in the pack

1. The week plan · 2. This guide · 3. My Kindness Week (one per child) · 4. Class checklist · 5. Bulletin board banner · 6. Kindness shells to cut out · 7 and 8. Two coloring pages · 9 and 10. Kindness Champion certificate (with a Bible verse, and a version without one).

Before Monday

Put the banner on a bulletin board or door and print one shell sheet for every two children. Put the week plan where everyone can see it.

Each day (about 10 minutes)

1. Read the challenge on the week plan. **2. Talk:** ask the question below. **3. Plan:** each child says who they could be kind to today. **4. At the end of the day,** check off names on the class checklist, and each child fills in a row of My Kindness Week.

Talk questions

Monday, Kind words: What is a kind word that made you feel good?
Tuesday, Helping hands: Who helps you every day? How could you help them?
Wednesday, Share: How does it feel when someone shares with you?
Thursday, Thank you: Who works hard at our school that we could thank?
Friday, Include everyone: How can we make sure nobody feels left out at recess?

The kindness shells

When a child does a kind thing, they color a shell, finish the sentence "I was kind when I..." and pin it under the banner. By Friday the cove is full.

Friday

Read the shells together, then give every child a Kindness Champion certificate. Every child earns one. It thanks them for trying, not for winning.

At home

Send My Kindness Week home so families can see it. More free printables are at lumiscove.com/printables/.

For personal and classroom use.

My Kindness Week



Name: _____

Monday: Kind words

I was kind to _____

by _____

Draw it here

Tuesday: Helping hands

I was kind to _____

by _____

Draw it here

Wednesday: Share

I was kind to _____

by _____

Draw it here

Thursday: Thank you

I was kind to _____

by _____

Draw it here

Friday: Include everyone

I was kind to _____

by _____

Draw it here

For personal and classroom use.

Class kindness checklist

Write each name, then check off every challenge done.



Name	Kind words	Helping hands	Share	Thank you	Include everyone
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐

For personal and classroom use.



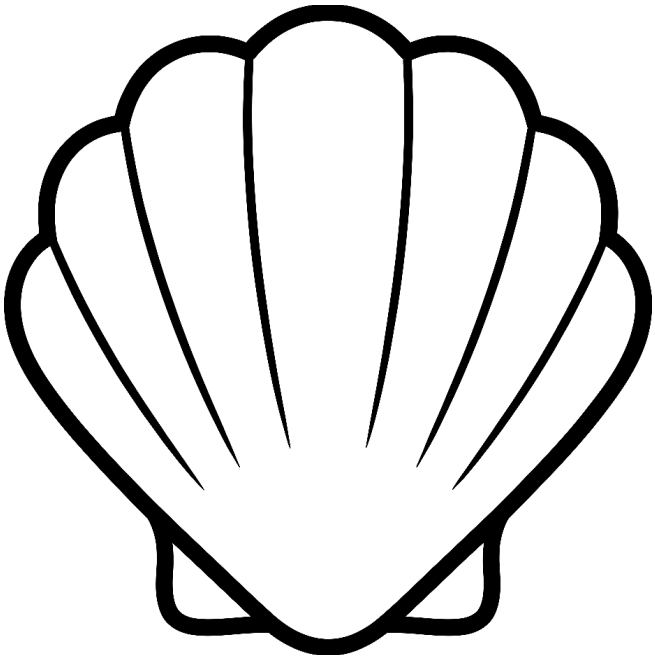
Our class is full of kindness

Add a shell every time you are kind.

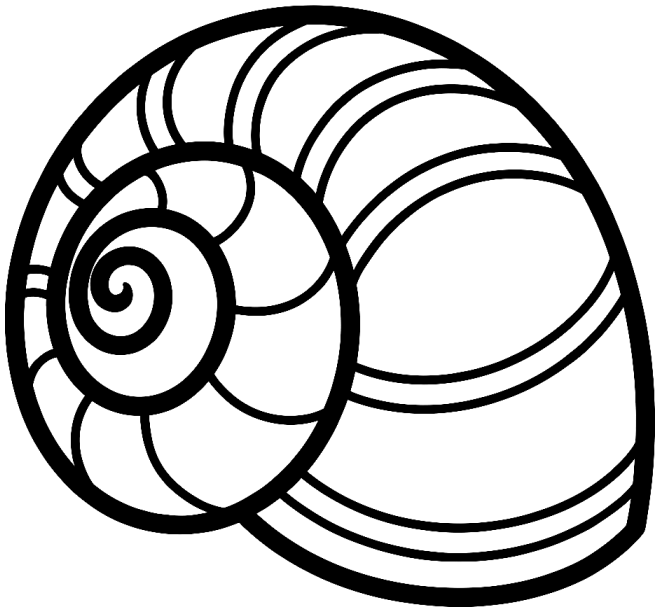
Bulletin board banner · For personal and classroom use.

Kindness shells

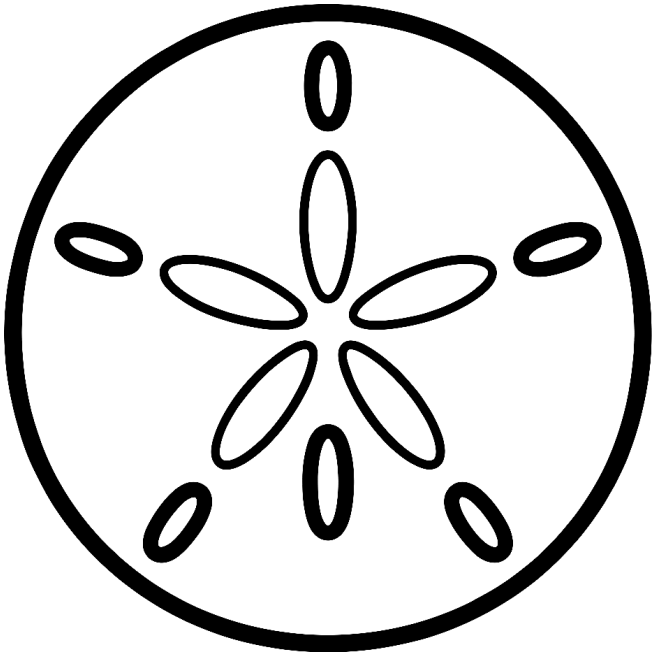
Color, finish the sentence, cut out, and pin it under the banner.



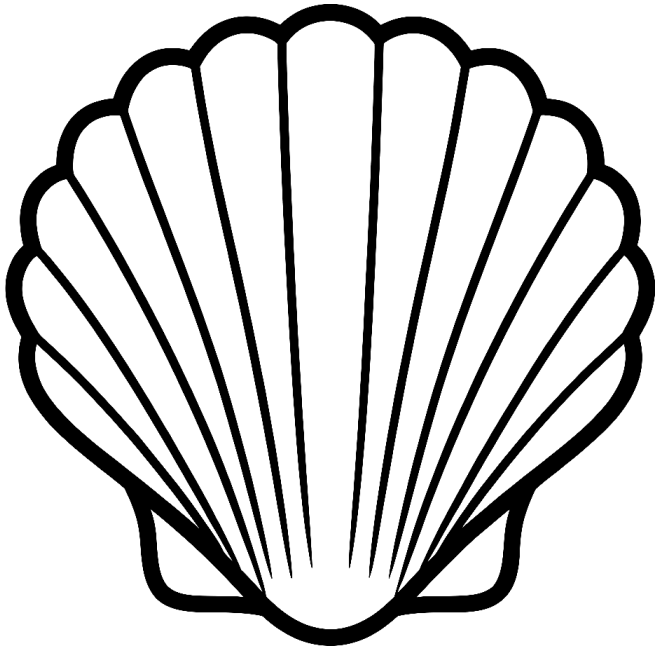
I was kind when I



I was kind when I



I was kind when I



I was kind when I

For personal and classroom use.

Lumi gives a heart card

Color Lumi and his friend. Who would you give a heart card to?



For personal and classroom use.

Lumi and his shells

Color Lumi and his shells. Then draw a shell you would give a friend.



For personal and classroom use.

CERTIFICATE

Kindness Champion



This is to say thank you to

_____

for kind words, helping hands, sharing, saying thank you and making room for everyone during Kindness Week.

_____ _____

Teacher or parent Date

"Be kind to one another." Ephesians 4:32

For personal and classroom use.

CERTIFICATE

Kindness Champion



This is to say thank you to

_____

for kind words, helping hands, sharing, saying thank you and making room for everyone during Kindness Week.

_____ _____

Teacher or parent Date

Lumi's Cove · Kindness Week

Free from Lumi's Cove · lumiscove.com

For personal and classroom use.