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♡  
Ashley

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# SPOT THE KINDNESS

## Session Objective:

\*Students will be able to identify and demonstrate specific words and actions that show kindness in order to strengthen their social and emotional skills.

## I Can...Statement

I can show kindness by using kind words and actions, like helping, sharing, and including others.

## Materials:

- Board Game
- Task Cards
- Task Card Boxes (optional)

## Guiding Questions:

\*What are some ways that we show kindness?

## Instructions

-Preparation: Print out and laminate the game board (it will last longer this way). Keep in mind if you purchase the other "Spot" task cards, they all use the same game board, so no need to print it again if you already have. Print out the game cards front-to-back, I would laminate these too. You may need to test your printer first to make sure it aligns correctly. Once printed, cut them out and store them in a task card box (or zip lock bag etc.).

-If playing solo: Select a card and answer it. Write your answer on the task card responses paper. Flip the card to see if you got it correct. If correct, move your game piece one spot. Write a checkmark next to that one on the task card responses paper. If incorrect, do not move your game piece and write an X on the task card responses paper with the correct answer. Select another card. If you land on a spot with a ladder, move in the direction of the arrow shown. If you land on a spot with a slide, slide down following the direction of the arrow. Continue until you reach the finish line or you have gone through all the cards. Optional alternate idea: Print the game board in black and white, and have the student use Dot Markers to track their progress.

-If playing with two or more players: Select a card and answer it. Flip the card to see if you got it correct. If correct, move your game piece one spot. If incorrect, do not move your game piece. The next player will now select a task card. If you land on a spot with a ladder, move in the direction of the arrow shown. If you land on a spot with a slide, slide down following the direction of the arrow. Continue until you reach the finish line, first to the finish wins!

## ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Social Skills: Social maturity and behaviors appropriate to the situation and environment (B-SS 9)

## SEL Competencies:

\*Self-Awareness: Respect for others, Empathy.

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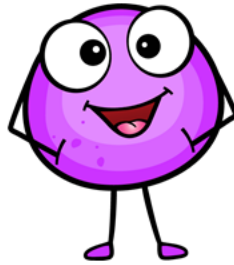
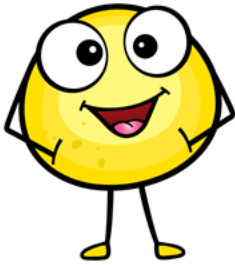
Tape to the top of the task card box.



Tape to the inside top of the task card box.

Select a card and answer it. If you get the answer correct, move one space on the game board. If you answer incorrect, do not move. The first to finish wins!

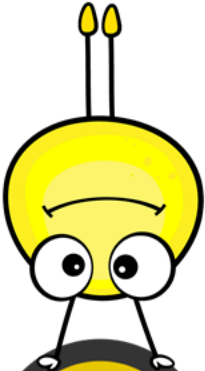
# Game Pieces



START



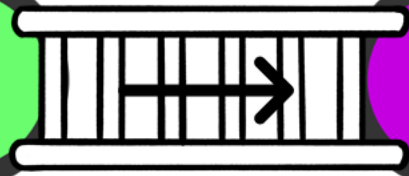
Move ahead two



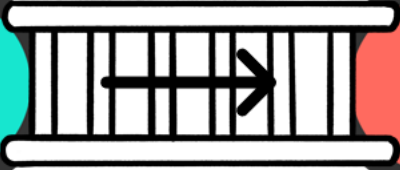
Move back two



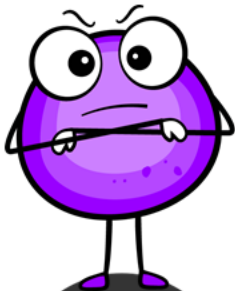
Move ahead two



Lose a turn!



FINISH

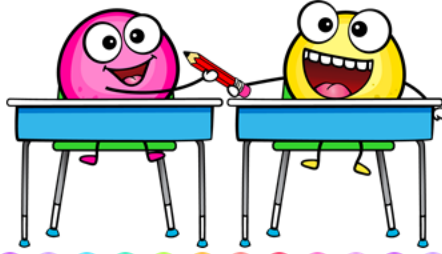


Lose a turn!



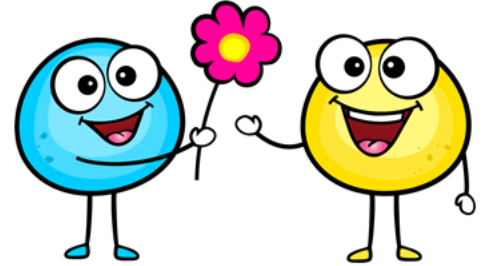
Move back two

What is the kind thing to do if your classmate needs a pencil and you have an extra one?



1

What is the kind thing to say when someone gives you something?



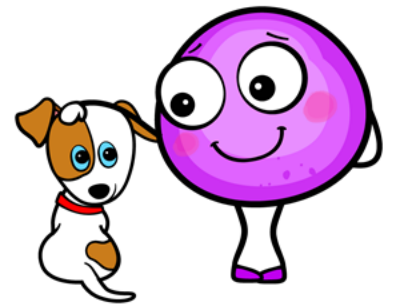
2

What is the kind thing to do if you make a mess?



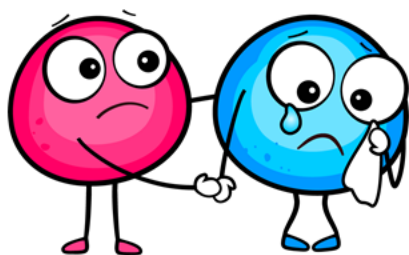
3

What is a kind action you can do for your pet?



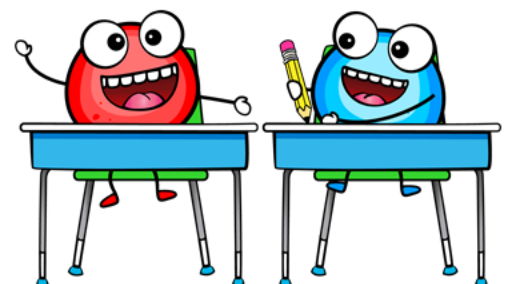
4

What is the kind thing to do if you see your friend is upset?



5

What is the kind thing to do if a friend is struggling?



6

"Thank you"

2

Share with  
them.

1

Pet them, or  
play with them,  
or feed them.

4

Clean it up.

3

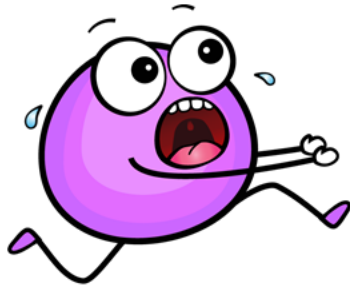
Ask if you  
can help.

6

Comfort them, or  
ask if they are ok,  
or if you can help.

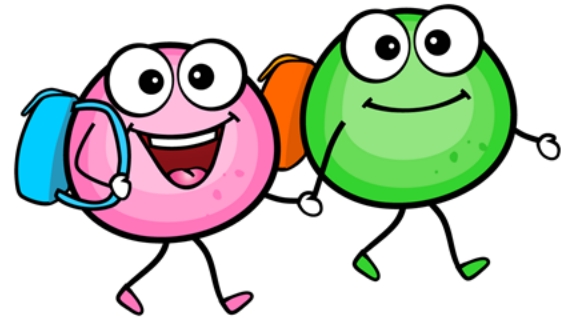
5

True or False: Holding the door open for someone is showing kindness.



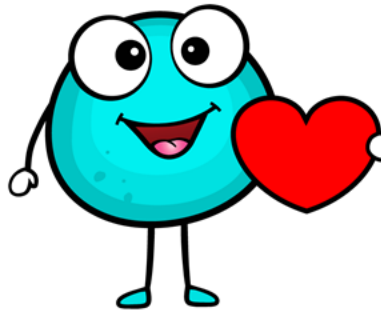
7

True or False: Kindness means only helping your best friends.



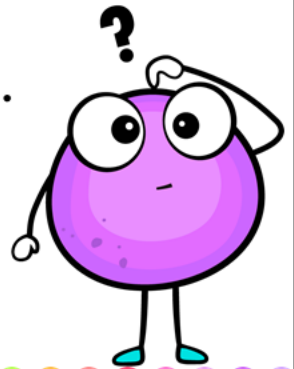
8

True or False: Using kind words is one way to show kindness.



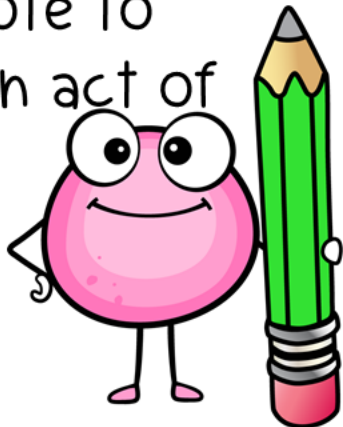
9

True or False: If you tease someone on purpose, that shows kindness.



10

True or False: Writing a thank-you note to someone is an act of kindness.



11

True or False: Saying "please" and "thank you" are examples of polite words.



12

False

8

True

7

False

10

True

9

True

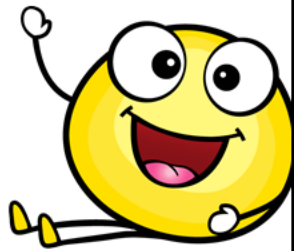
12

True

11

Which of these is the kindest choice?

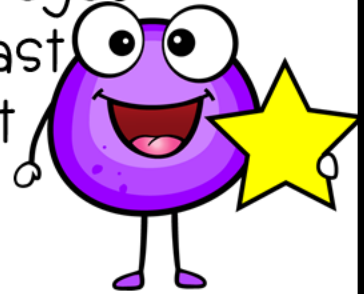
- a) Ignoring someone who needs help
- b) Helping someone carry their books
- c) Taking someone's chair



13

Which action shows kindness?

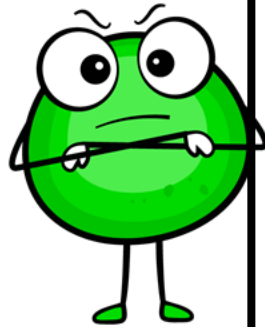
- a) Saying "thank you"
- b) Rolling your eyes
- c) Taking the last cookie without asking



14

Which action is NOT kind?

- a) Sharing your crayons
- b) Helping someone up
- c) Calling someone a mean name



15

If your classmate forgets a pencil, what is the kind choice?

- a) Share your pencil
- b) Tease them for forgetting
- c) Keep it to yourself



16

Which of these is an example of kindness at school?

- a) Letting someone join your game
- b) Refusing to let anyone else play
- c) Laughing if someone makes a mistake



17

What is the kind thing to say if someone shares with you?

- a) "Mine now"
- b) "Thanks"
- c) "Too bad"



18

a) Saying "thank you"

14

b) Helping  
someone  
carry their  
books

13

a) Share  
your  
pencil

16

c) Calling  
someone a mean  
name

15

b) "Thanks"

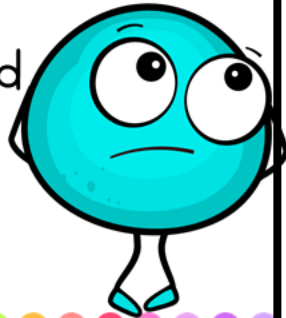
18

a) Letting  
someone join  
your game

17

Your classmate is new.  
What is the kindest action?

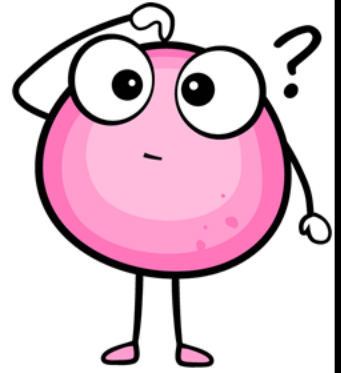
- a) Ignore them
- b) Say "hi" and show them around
- c) Laugh at them



19

Which word is a kind word?

- a) Stupid
- b) Mean
- c) Please



20

Your teammate makes a mistake. What is the kind response?

- a) Encourage them
- b) Yell at them
- c) Quit the game



21

Which action shows kindness on the bus?

- a) Saving a seat for a friend
- b) Pushing people out of the way
- c) Refusing to move your backpack



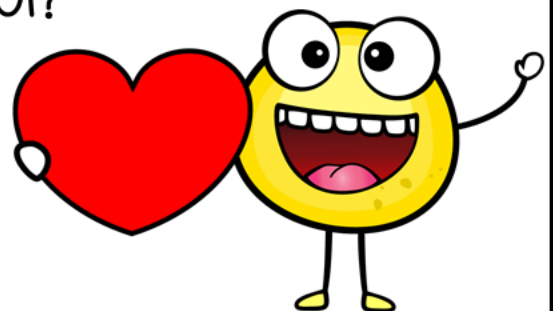
22

What word describes telling someone we are sorry?



23

What word describes showing you are thankful?



24

c) Please

20

b) Say "hi"  
and show  
them around

19

a) Saving a  
seat for a  
friend

22

a) Encourage  
them

21

Gratitude

24

Apology

23

You let everyone take a turn in the game. What are you showing?



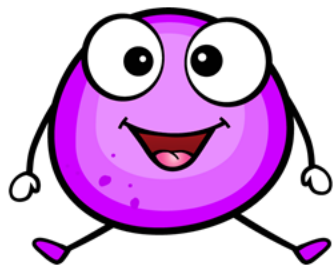
25

You don't laugh when someone makes a mistake. What are you showing?



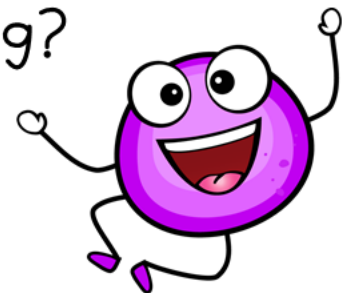
26

If you say, "Great job!" to someone, what are you giving them?



27

If you treat others the way you want to be treated, what rule are you following?



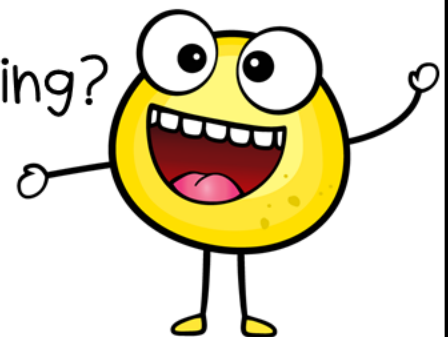
28

What word means giving something to others, even when you don't have to?



29

You compliment a classmate's hard work. What are you showing?



30

Respect or Polite  
Behavior

26

Fairness or  
Good  
Sportsmanship

25

The Golden Rule

28

A compliment

27

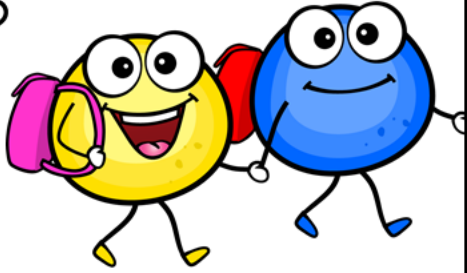
Appreciation

30

Generosity

29

You let someone new join your group at recess. What are you showing?



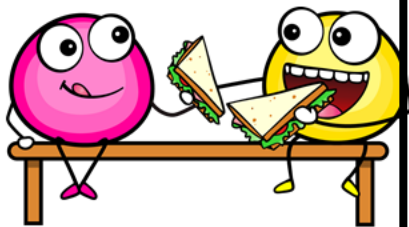
31

You write a thank-you card to a teacher. What word are you showing?



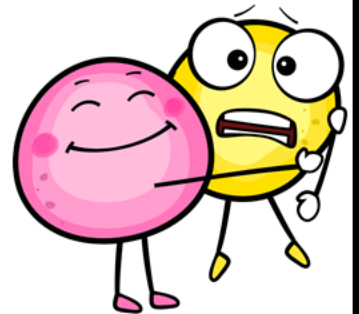
32

What is the kind thing to do if your friend does not have a snack and you have extra?



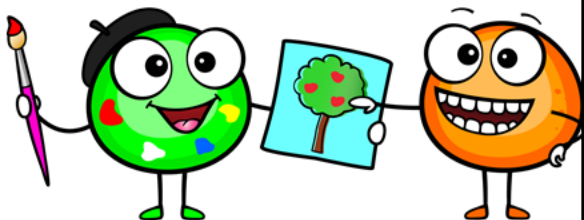
33

What is a kind way to tell someone "no"?



34

What is a kind thing to say if someone shows you something they made?



35

What is the kind thing to say if someone gives you a gift, but you don't like it?



36

Gratitude

32

Inclusion

31

No, thank you.  
or  
Not right now,  
maybe later.

34

Offer some to  
them/share.

33

Thank you.

36

Give them a  
compliment.

35

What is something kind you can say online?



37

What is something kind you can do if you hurt someone's feelings?



38

What is the kind thing to do when you see unkind behavior?



39

What is the kind thing to do after you play with toys?



40

Say sorry/apologize

38

Leave a positive comment like a compliment, like the picture.

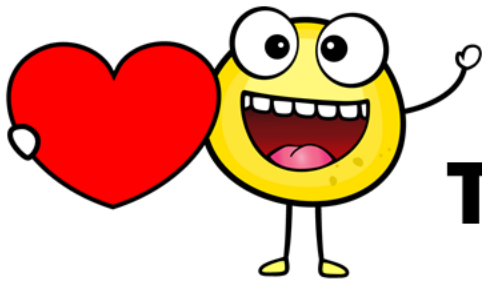
37

Pick them up/put them away.

40

Speak up and tell them to stop being mean.

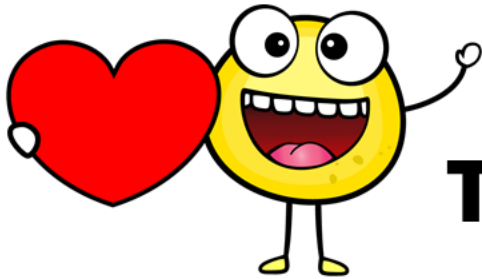
39



Name: \_\_\_\_\_

# TASK CARD RESPONSES

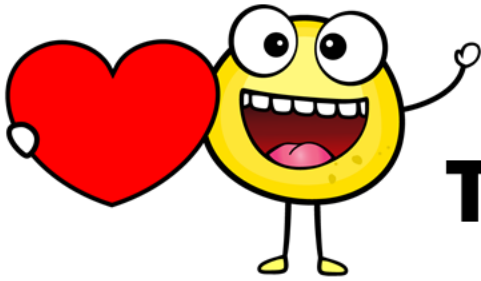
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<b>15</b>	
<b>16</b>	



Name: \_\_\_\_\_

# TASK CARD RESPONSES

<b>17</b>	
<b>18</b>	
<b>19</b>	
<b>20</b>	
<b>21</b>	
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Name: \_\_\_\_\_

# TASK CARD RESPONSES

<b>33</b>	
<b>34</b>	
<b>35</b>	
<b>36</b>	
<b>37</b>	
<b>38</b>	
<b>39</b>	
<b>40</b>	

# SPOT THE KINDNESS

## TASK CARD ANSWER KEY

<b>1</b>	Share with them.
<b>2</b>	"Thank you"
<b>3</b>	Clean it up.
<b>4</b>	Pet them, or play with them, or feed them.
<b>5</b>	Comfort them, or ask if they are ok, or if you can help.
<b>6</b>	Ask if you can help.
<b>7</b>	True
<b>8</b>	False
<b>9</b>	True
<b>10</b>	False
<b>11</b>	True
<b>12</b>	True
<b>13</b>	b) Helping someone carry their books
<b>14</b>	a) Saying "thank you"
<b>15</b>	c) Calling someone a mean name
<b>16</b>	a) Share your pencil

# SPOT THE KINDNESS

## TASK CARD ANSWER KEY

<b>17</b>	a) Letting someone join your game
<b>18</b>	b) "Thanks"
<b>19</b>	b) Say "hi" and show them around
<b>20</b>	c) Please
<b>21</b>	a) Encourage them
<b>22</b>	a) Saving a seat for a friend
<b>23</b>	Apology
<b>24</b>	Gratitude
<b>25</b>	Fairness or Good Sportsmanship
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<b>29</b>	Generosity
<b>30</b>	Appreciation
<b>31</b>	Inclusion
<b>32</b>	Gratitude

# SPOT THE KINDNESS

## TASK CARD ANSWER KEY

<b>33</b>	Offer some to them/share.
<b>34</b>	No, thank you. Or Not right now, maybe later.
<b>35</b>	Give them a compliment.
<b>36</b>	Thank you.
<b>37</b>	Leave a positive comment like a compliment, like the picture.
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Black and  
white  
version

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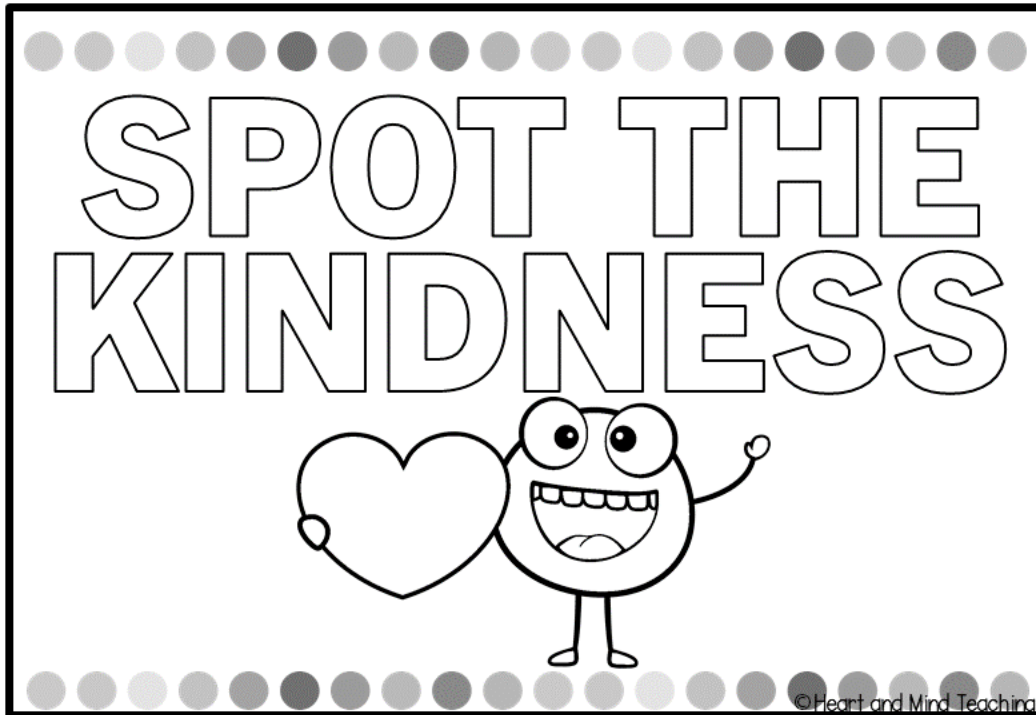
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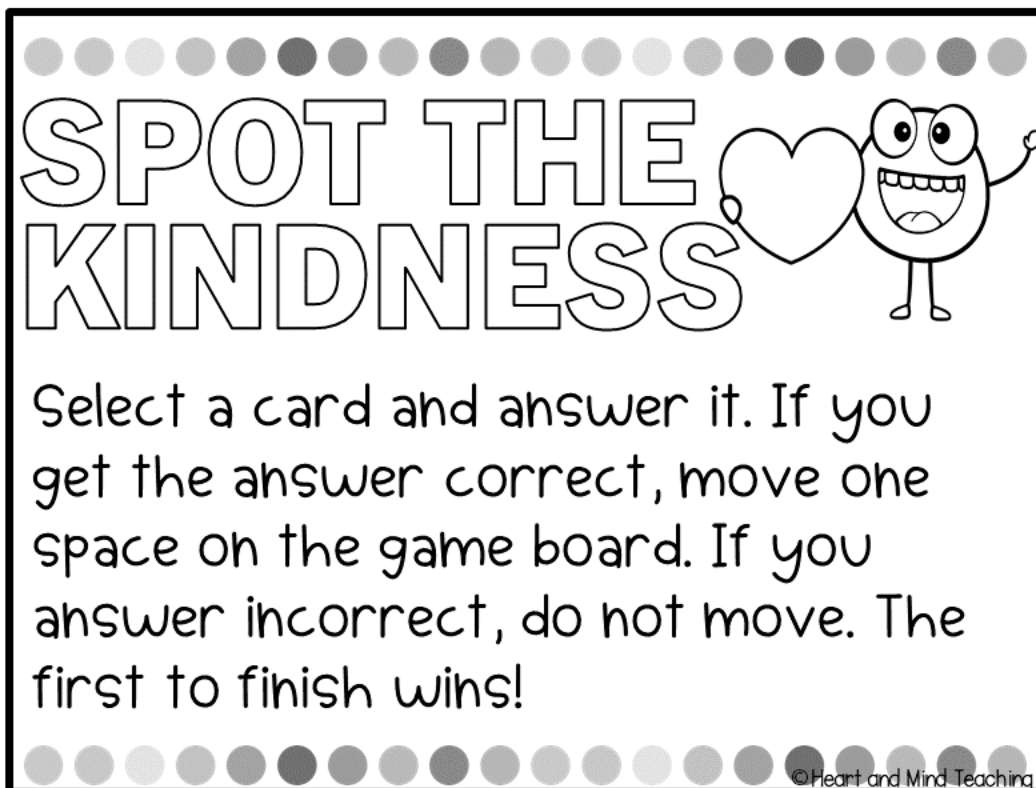
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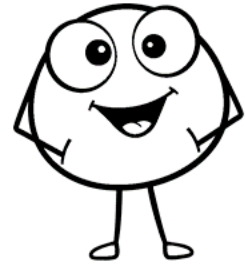
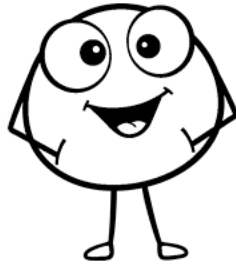
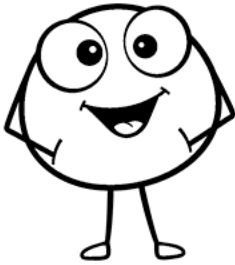
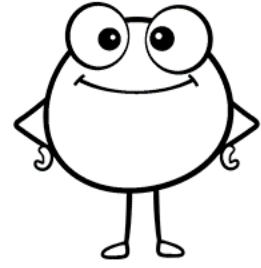
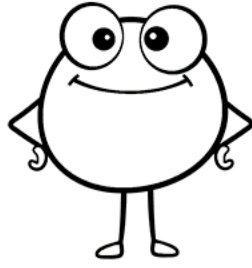
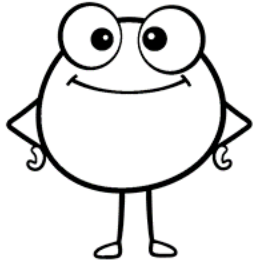
Tape to the top of the task card box.



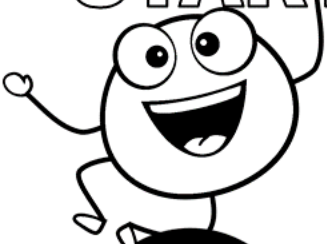
Tape to the inside top of the task card box.



# Game Pieces (have students color them)

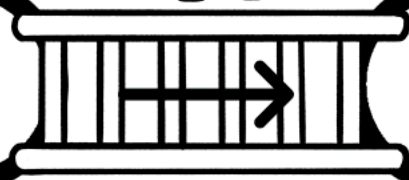
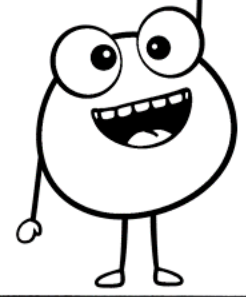


START

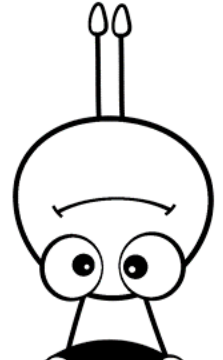


Move ahead two

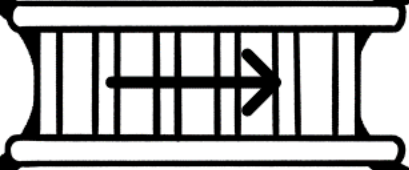
Move ahead two



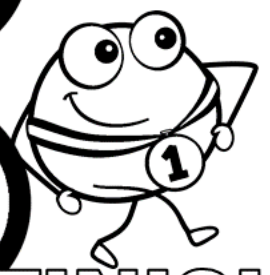
Move back two



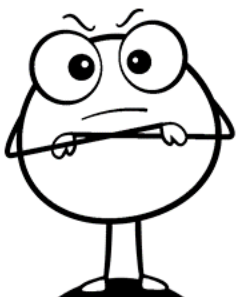
Lose a turn!



FINISH



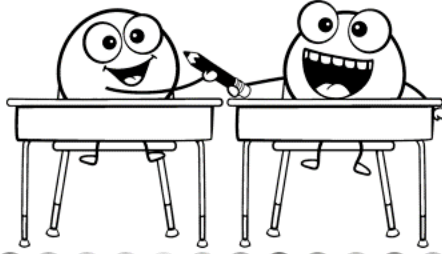
Lose a turn!



Move back two

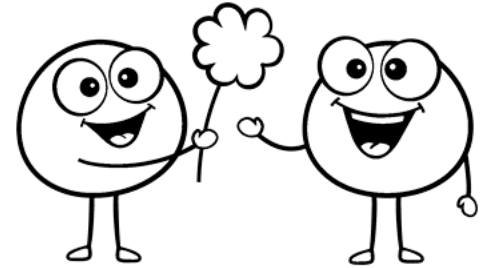


What is the kind thing to do if your classmate needs a pencil and you have an extra one?



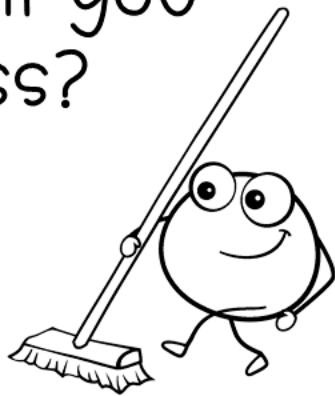
1

What is the kind thing to say when someone gives you something?



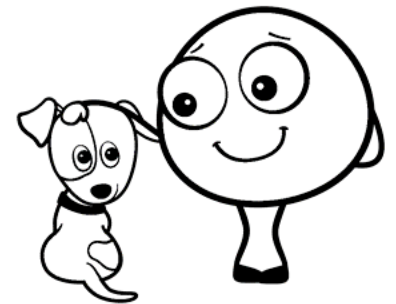
2

What is the kind thing to do if you make a mess?



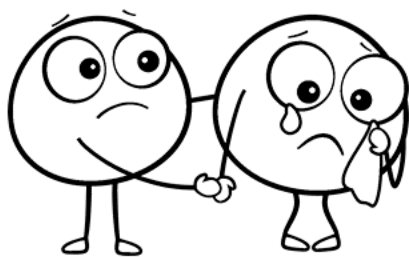
3

What is a kind action you can do for your pet?



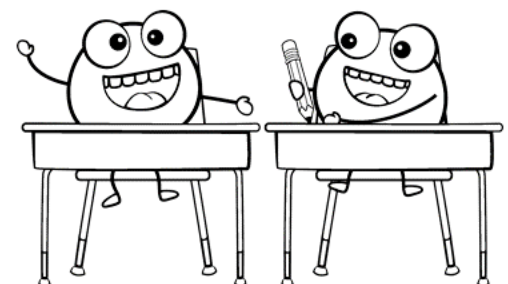
4

What is the kind thing to do if you see your friend is upset?



5

What is the kind thing to do if a friend is struggling?



6

"Thank you"

2

Share with  
them.

1

Pet them, or  
play with them,  
or feed them.

4

Clean it up.

3

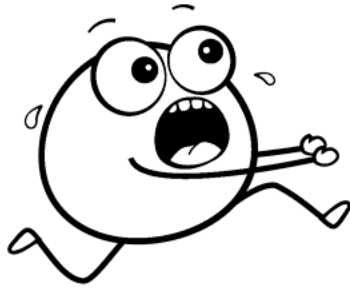
Ask if you  
can help.

6

Comfort them, or  
ask if they are ok,  
or if you can help.

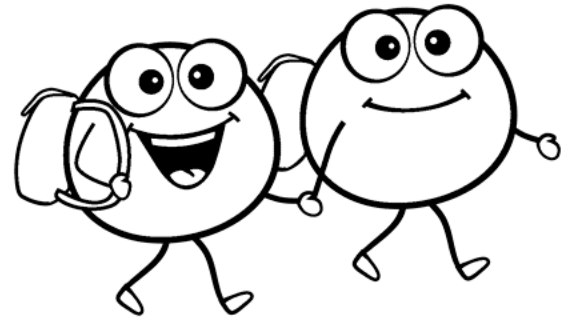
5

True or False: Holding the door open for someone is showing kindness.



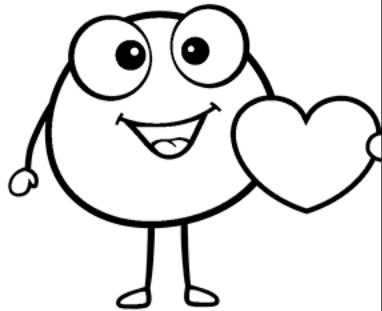
7

True or False: Kindness means only helping your best friends.



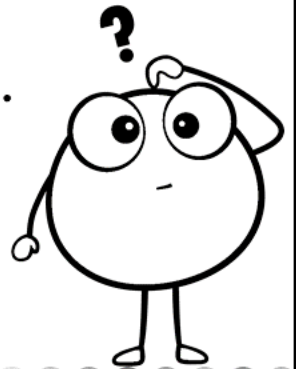
8

True or False: Using kind words is one way to show kindness.



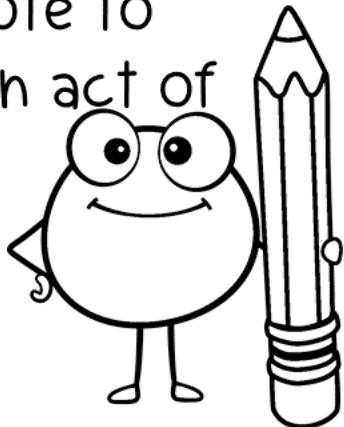
9

True or False: If you tease someone on purpose, that shows kindness.



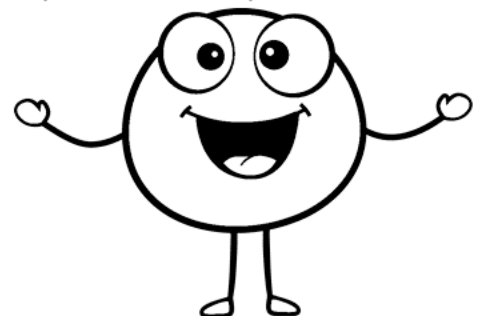
10

True or False: Writing a thank-you note to someone is an act of kindness.



11

True or False: Saying "please" and "thank you" are examples of polite words.



12

False

8

True

7

False

10

True

9

True

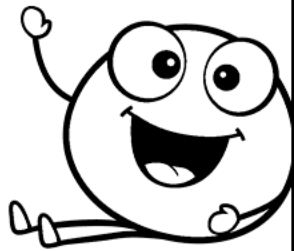
12

True

11

Which of these is the kindest choice?

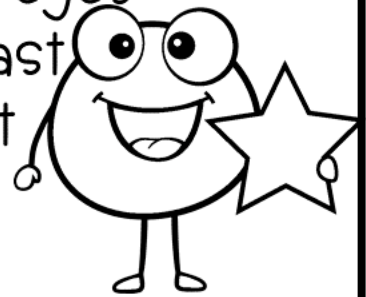
- a) Ignoring someone who needs help
- b) Helping someone carry their books
- c) Taking someone's chair



13

Which action shows kindness?

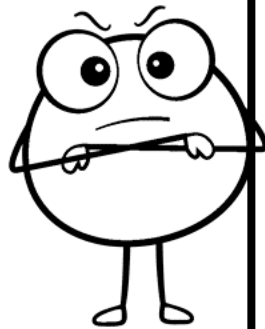
- a) Saying "thank you"
- b) Rolling your eyes
- c) Taking the last cookie without asking



14

Which action is NOT kind?

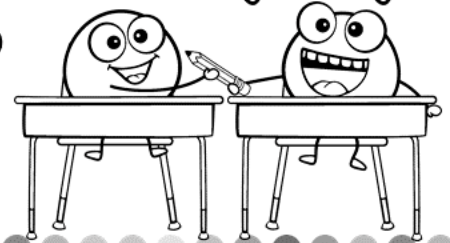
- a) Sharing your crayons
- b) Helping someone up
- c) Calling someone a mean name



15

If your classmate forgets a pencil, what is the kind choice?

- a) Share your pencil
- b) Tease them for forgetting
- c) Keep it to yourself



16

Which of these is an example of kindness at school?

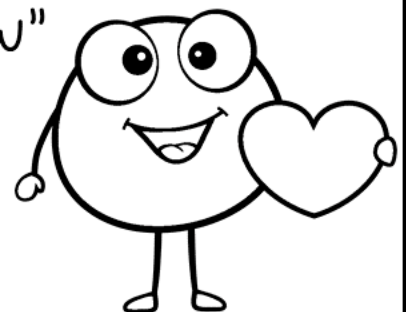
- a) Letting someone join your game
- b) Refusing to let anyone else play
- c) Laughing if someone makes a mistake



17

What is the kind thing to say if someone shares with you?

- a) "Mine now"
- b) "Thanks"
- c) "Too bad"



18

a) Saying "thank you"

14

b) Helping  
someone  
carry their  
books

13

a) Share  
your  
pencil

16

c) Calling  
someone a mean  
name

15

b) "Thanks"

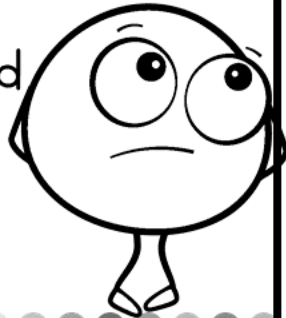
18

a) Letting  
someone join  
your game

17

Your classmate is new.  
What is the kindest action?

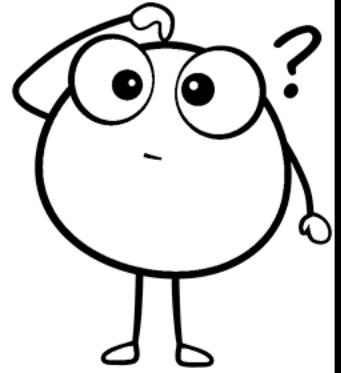
- a) Ignore them
- b) Say "hi" and show them around
- c) Laugh at them



19

Which word is a kind word?

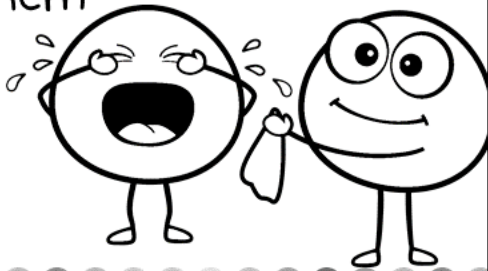
- a) Stupid
- b) Mean
- c) Please



20

Your teammate makes a mistake. What is the kind response?

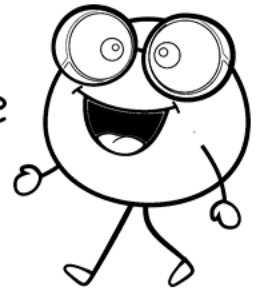
- a) Encourage them
- b) Yell at them
- c) Quit the game



21

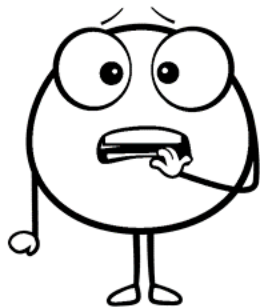
Which action shows kindness on the bus?

- a) Saving a seat for a friend
- b) Pushing people out of the way
- c) Refusing to move your backpack



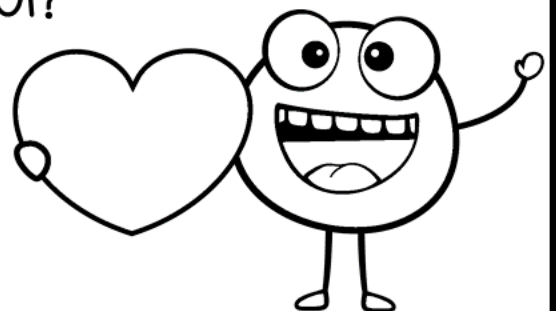
22

What word describes telling someone we are sorry?



23

What word describes showing you are thankful?



24

c) Please

20

b) Say "hi"  
and show  
them around

19

a) Saving a  
seat for a  
friend

22

a) Encourage  
them

21

Gratitude

24

Apology

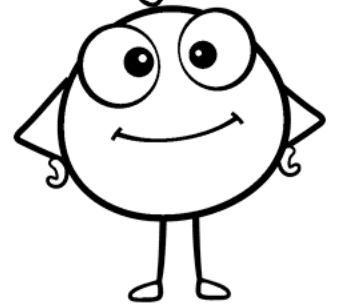
23

You let everyone take a turn in the game. What are you showing?



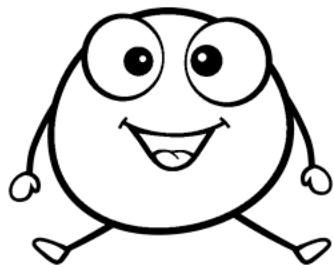
25

You don't laugh when someone makes a mistake. What are you showing?



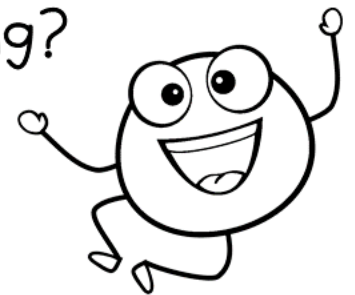
26

If you say, "Great job!" to someone, what are you giving them?



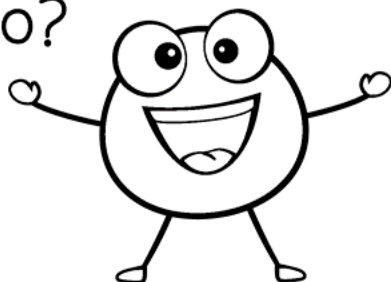
27

If you treat others the way you want to be treated, what rule are you following?



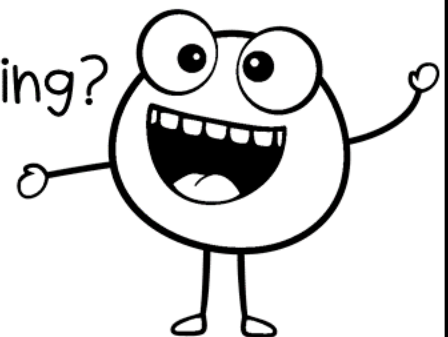
28

What word means giving something to others, even when you don't have to?



29

You compliment a classmate's hard work. What are you showing?



30

Respect or Polite  
Behavior

26

Fairness or  
Good  
Sportsmanship

25

The Golden Rule

28

A compliment

27

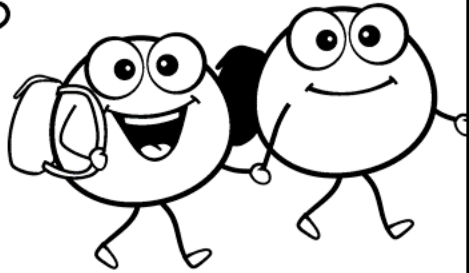
Appreciation

30

Generosity

29

You let someone new join your group at recess. What are you showing?



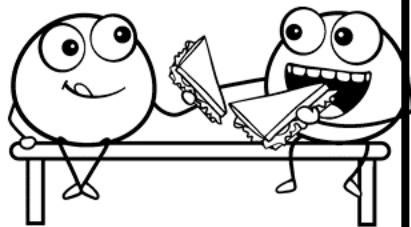
31

You write a thank-you card to a teacher. What word are you showing?



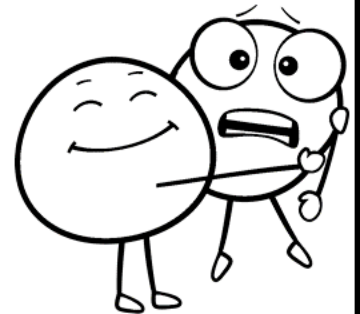
32

What is the kind thing to do if your friend does not have a snack and you have extra?



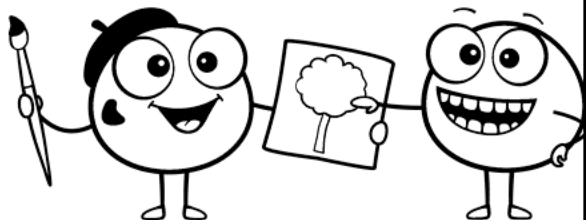
33

What is a kind way to tell someone "no"?



34

What is a kind thing to say if someone shows you something they made?



35

What is the kind thing to say if someone gives you a gift, but you don't like it?



36

Gratitude

32

Inclusion

31

No, thank you.  
or  
Not right now,  
maybe later.

34

Offer some to  
them/share.

33

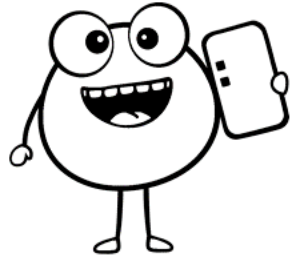
Thank you.

36

Give them a  
compliment.

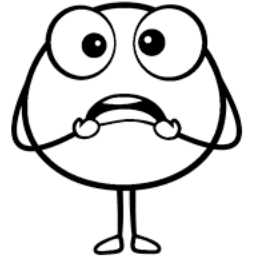
35

What is something kind you can say online?



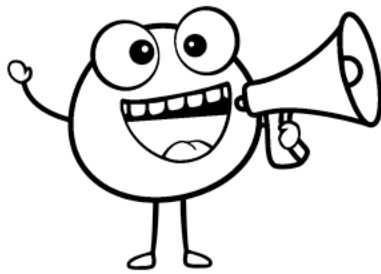
37

What is something kind you can do if you hurt someone's feelings?



38

What is the kind thing to do when you see unkind behavior?



39

What is the kind thing to do after you play with toys?



40

Say sorry/apologize

38

Leave a positive comment like a compliment, like the picture.

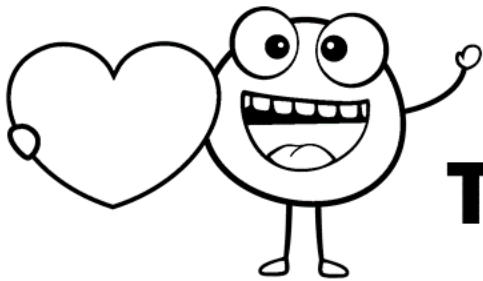
37

Pick them up/put them away.

40

Speak up and tell them to stop being mean.

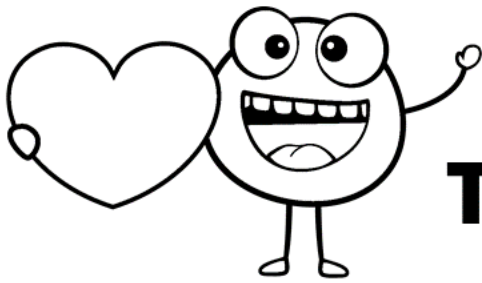
39



Name: \_\_\_\_\_

# TASK CARD RESPONSES

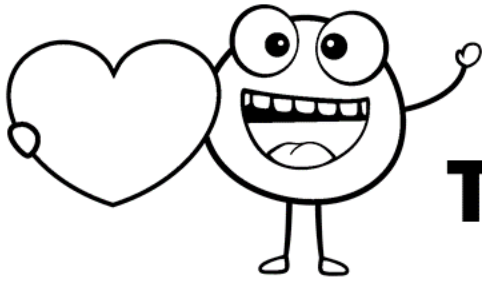
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>7</b>	
<b>8</b>	
<b>9</b>	
<b>10</b>	
<b>11</b>	
<b>12</b>	
<b>13</b>	
<b>14</b>	
<b>15</b>	
<b>16</b>	



Name: \_\_\_\_\_

# TASK CARD RESPONSES

<b>17</b>	
<b>18</b>	
<b>19</b>	
<b>20</b>	
<b>21</b>	
<b>22</b>	
<b>23</b>	
<b>24</b>	
<b>25</b>	
<b>26</b>	
<b>27</b>	
<b>28</b>	
<b>29</b>	
<b>30</b>	
<b>31</b>	
<b>32</b>	



Name: \_\_\_\_\_

# TASK CARD RESPONSES

<b>33</b>	
<b>34</b>	
<b>35</b>	
<b>36</b>	
<b>37</b>	
<b>38</b>	
<b>39</b>	
<b>40</b>	

# SPOT THE KINDNESS

## TASK CARD ANSWER KEY

<b>1</b>	Share with them.
<b>2</b>	"Thank you"
<b>3</b>	Clean it up.
<b>4</b>	Pet them, or play with them, or feed them.
<b>5</b>	Comfort them, or ask if they are ok, or if you can help.
<b>6</b>	Ask if you can help.
<b>7</b>	True
<b>8</b>	False
<b>9</b>	True
<b>10</b>	False
<b>11</b>	True
<b>12</b>	True
<b>13</b>	b) Helping someone carry their books
<b>14</b>	a) Saying "thank you"
<b>15</b>	c) Calling someone a mean name
<b>16</b>	a) Share your pencil

# SPOT THE KINDNESS

## TASK CARD ANSWER KEY

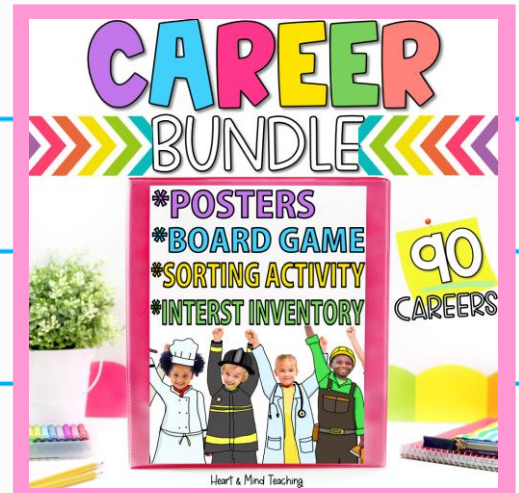
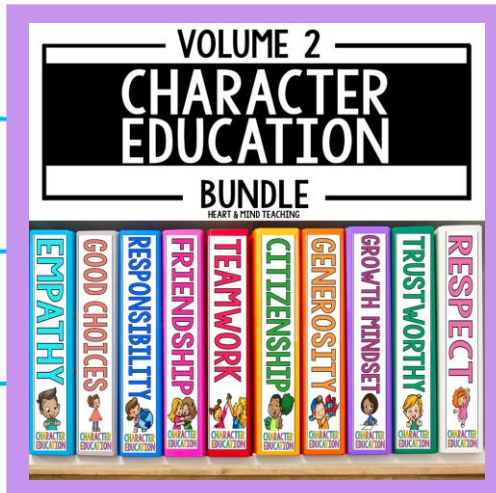
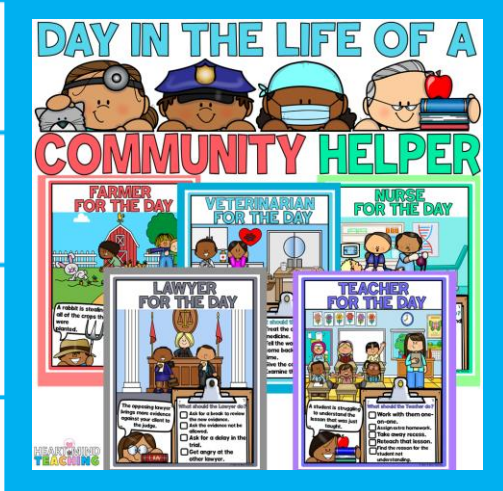
<b>17</b>	a) Letting someone join your game
<b>18</b>	b) "Thanks"
<b>19</b>	b) Say "hi" and show them around
<b>20</b>	c) Please
<b>21</b>	a) Encourage them
<b>22</b>	a) Saving a seat for a friend
<b>23</b>	Apology
<b>24</b>	Gratitude
<b>25</b>	Fairness or Good Sportsmanship
<b>26</b>	Respect or Polite Behavior
<b>27</b>	A compliment
<b>28</b>	The Golden Rule
<b>29</b>	Generosity
<b>30</b>	Appreciation
<b>31</b>	Inclusion
<b>32</b>	Gratitude

# SPOT THE KINDNESS

## TASK CARD ANSWER KEY

<b>33</b>	Offer some to them/share.
<b>34</b>	No, thank you. Or Not right now, maybe later.
<b>35</b>	Give them a compliment.
<b>36</b>	Thank you.
<b>37</b>	Leave a positive comment like a compliment, like the picture.
<b>38</b>	Say sorry/apologize
<b>39</b>	Speak up and tell them to stop being mean.
<b>40</b>	Pick them up/put them away.

# ♡♡ Best Selling Resources



## COUNSELOR COLLAB MEMBERSHIP

The Must-have resource membership:

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