

# Train Loyal Companions, LLC

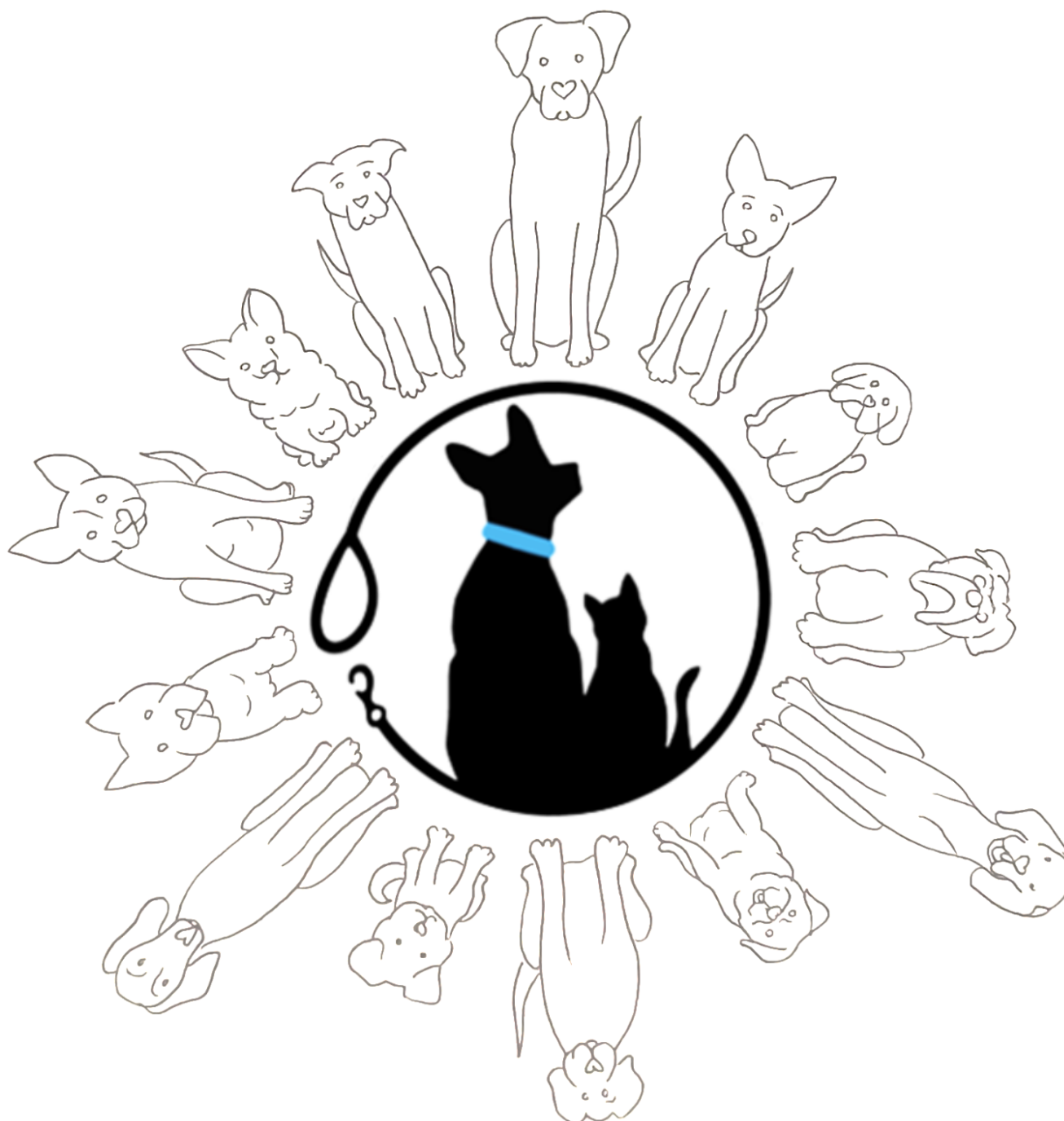
*"Unleash Your Potential"*



## It's Cool to Be Kind!

A youth humane education activity and coloring book promoting kindness towards all.

Written & Illustrated By: Leslie Hudson, CPDT  
Certified Professional Dog Trainer





## Welcome!

*This activity book is designed to help children explore kindness, empathy, and respect through fun and interactive activities. Inside, young readers will learn about emotional intelligence, responsible pet ownership, giving back, and more.*

*We encourage parents, caregivers, teachers, and mentors to read and participate alongside their children. Through hands-on exercises and thoughtful discussions, children will discover why kindness counts and how to be kind to the core. These shared experiences foster meaningful conversations, promote emotional resilience, and build confidence in real-world social and safety situations.*

**A heartfelt thank you** to the families, educators, and children who are working together to create safer, kinder, and more emotionally aware communities!

*“Educating the mind without educating the heart is no education at all.”*

– Aristotle, Greek philosopher



### Note to Readers

*The content provided is intended as a general safety guide and does not guarantee the prevention of injuries or emergencies. Readers are encouraged to use their best judgment and seek professional guidance when needed.*

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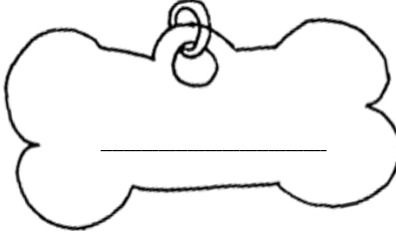
**Copyright © 2025 Leslie Hudson**

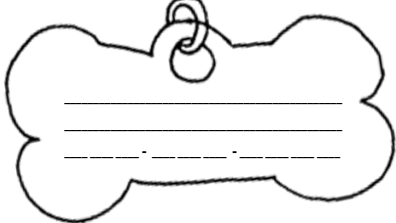
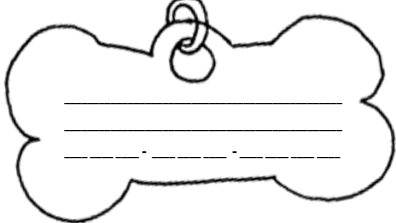
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*It's Cool to Be Kind!*



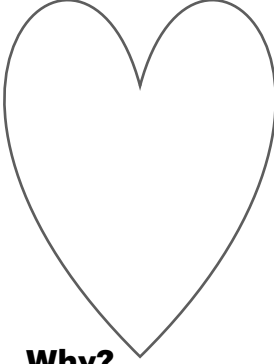
# All About Me!

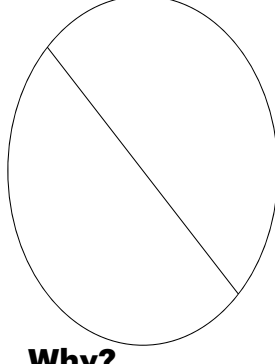
**My name is** 

**My address**   
**My phone #** 

**I am**  **years old.**

**A drawing or photo of me.**

**I like**   
**Why?**

**I don't like**   
**Why?**

**My favorite food is** 

**My favorite number is**

**My favorite color is** 

**My favorite animal is** \_\_\_\_\_.  
**Draw it.**

**My favorite pet is** \_\_\_\_\_.  
**Draw it.**



# Kindness Counts

Kindness is more than just being nice, it's about choosing to care, help, and show respect to others, animals, and ourselves. Whether it's sharing a smile, standing up for a friend, being gentle with a pet, or simply listening when someone needs to talk, every kind act has the power to make a big difference.

In this book, we'll explore what kindness really looks like in everyday life. You'll discover how your words and actions can brighten someone's day, solve problems peacefully, and make your home, school, and neighborhood feel safe and welcoming. You'll also learn that kindness isn't always easy but it's always worth it!

Kindness isn't just something we do once, it's something we practice every day. When we lead with empathy, we help others feel seen, heard, and valued. When we take the time to understand how someone else feels, we grow stronger, more caring, and more connected to the world around us.

When it comes to animals, kindness is just as important. Millions of dogs and cats live in shelters each year because there aren't enough homes for them all. That's why spaying, neutering, adopting pets from shelters, and being a responsible pet owner can save lives.

Around the world, animal extinction is also a growing problem. Thousands of species are disappearing due to things like habitat destruction, hunting, and pollution. Every small choice like recycling, planting a tree, or learning about endangered animals can help protect the planet and all the creatures who share it with us.

Pollution, especially plastic waste, harms the earth, animals, and even people. Trash in the ocean can hurt marine life, and air pollution affects the health of humans and animals alike. Choosing to reuse items, reduce waste, and recycle helps protect our world for the future and it shows kindness to the earth.

Every time you choose to be kind, you are helping to build a better, safer, and more caring world. That's why kindness counts because small actions can lead to big changes. And the coolest part? You have the power to make a difference, starting right now. So, get ready to open your heart, stretch your imagination, and build your kindness muscles. You're about to discover how cool it is to be kind, and why kindness counts more than ever!



# Pledge of Kindness

I pledge to myself,  
On this very day,  
To try to be kind,  
In every way.

To every pet & person,  
Big or small,  
I will help them,  
If they fall.

When I love myself,  
And others, too,  
That is the best,  
That I can do.



Strong people lift others up, they don't put others down.  
It is cool to be kind! Be an animal advocate by speaking up and providing a hand to help.



# Emotional Intelligence

## What is Emotional Intelligence?

Emotional intelligence is the ability to manage both your own emotions and understand the emotions of people around you. The five elements of emotional intelligence include: self-awareness, self-regulation, motivation, empathy, and social skills.

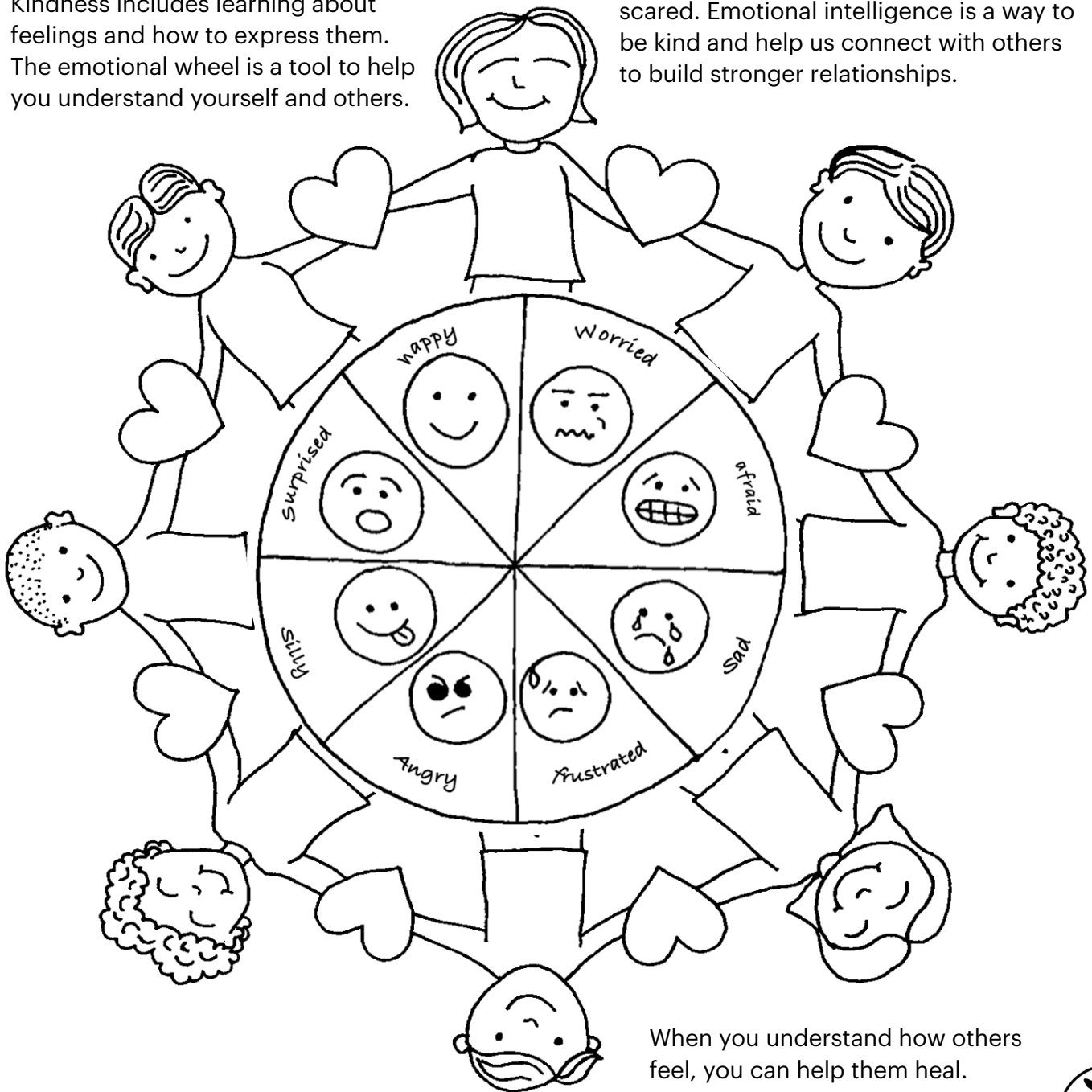
## Keys to Emotional Intelligence

- Practice self-awareness
- Recognize and manage your emotions
- Be self-motivated
- Be an active listener

## Human Emotional Wheel

Kindness includes learning about feelings and how to express them. The emotional wheel is a tool to help you understand yourself and others.

Emotional intelligence means learning what makes you happy, sad, angry, or scared. Emotional intelligence is a way to be kind and help us connect with others to build stronger relationships.



When you understand how others feel, you can help them heal.





# What is Empathy?

Empathy means being able to understand how someone else is feeling. It's like putting yourself in their shoes and imagining how you would feel. Empathy helps us connect with others, be kind, and make the world a better place.

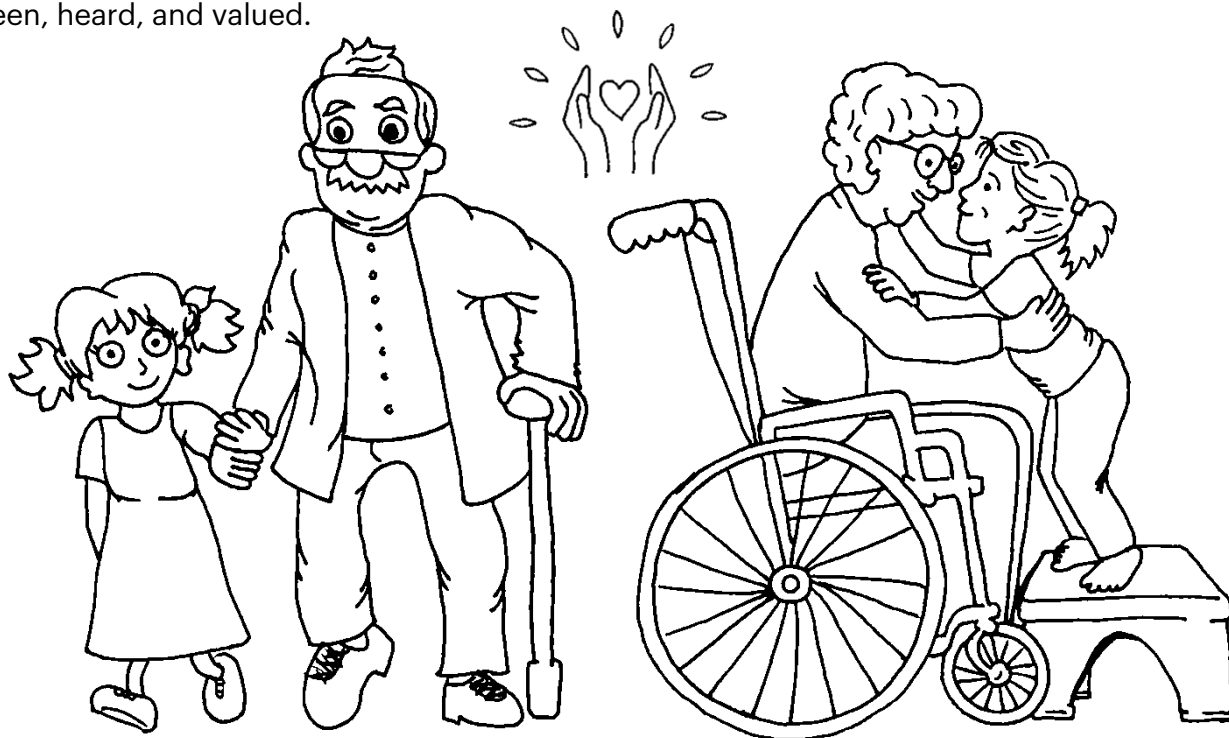
When you show empathy, you're not just saying, "I'm sorry." You're also showing through your actions that you care. Empathy can be as simple as listening when someone is upset, sharing with a friend who feels left out, or standing up for someone who's being treated unfairly.

Empathy also means showing gratitude, appreciating the people who help you and letting them know they matter. A heartfelt "thank you" to a teacher, parent, or friend can brighten their whole day.

Caring for the elderly is another great way to practice empathy. Older people may need help with tasks or just someone to talk to. Taking time to visit, write a note, or offer a helping hand shows that you value and respect them.

Empathy also inspires us to give back to the community. Volunteering, helping a neighbor, or raising money for a good cause are ways to show you care about others and want to make a difference.

Showing respect is a big part of empathy. Respecting people's feelings, beliefs, and differences, even when they're not the same as yours shows maturity and kindness. Empathy makes you a better friend, family member, and community member. It's not always easy, but every time you choose to be kind, you help create a world where everyone feels seen, heard, and valued.



# R-E-S-P-E-C-T

Respect is more than saying “please” and “thank you”. It’s about *how* we treat people, animals, and the world around us. When we respect others, we show them that they matter. And when we respect ourselves, we remember that we matter too!

One of the biggest ways we show respect is by listening when someone is speaking. That means making eye contact, not interrupting, and showing that we care about what they’re saying. Even when we don’t agree, listening helps us understand each other and solve problems peacefully. Respectful listening says, “Your voice matters.” Understanding others starts with listening.

Another way we show respect is by considering other people’s feelings. Before we speak or act, we can ask ourselves, “How would I feel if someone said or did this to me?” That simple question can help us make kinder choices and avoid hurting others, even by accident. Respect means thinking beyond ourselves and caring about how others feel.

Respect also shows up in our actions, not just our words. Promises mean more when we follow through. Being honest, helping out at home or school, keeping our hands to ourselves, and treating everyone fairly are all respectful actions. When our words match what we *do*, people know they can trust us.

And don’t forget that self-respect matters too! That means speaking kindly to yourself, setting healthy boundaries, and standing up for what’s right. When you respect yourself, you teach others how to treat you, and you become a role model for what respect truly looks like. Self-respect is the first step to gaining the respect of others. When you treat yourself like you matter, others will too. Being kind to yourself is just as important as being kind to others.

Respect isn’t something we earn once. It’s something we give and grow every day. And when we lead with respect, we help create a world where everyone feels safe, heard, and valued.

**How Did You Show Respect Today?**





# Self-Respect

Self-respect means knowing you are important, treating yourself with kindness, and making choices that help you grow into your best self. When you respect yourself, you stand tall, make smart decisions, and feel proud of who you are, inside and out!

Self-respect is the first step to gaining the respect of others. When you treat yourself like you matter, others will too. Keep your head high, your heart kind, and your choices true to who you are. You've got this!

## Self-Respect Check-In

Check off the choices that show self-respect

- ☐ Saying "no" when something feels wrong
- ☐ Calling myself names
- ☐ Taking care of my body with sleep and healthy food
- ☐ Letting others pressure me
- ☐ Asking for help when I need it
- ☐ Believing in my own worth
- ☐ Comparing myself to others



## Finish the Sentence

Fill in the blanks with your own thoughts!

1. I feel proud of myself when I \_\_\_\_\_.
2. A respectful choice I made this week was \_\_\_\_\_.
3. When someone is mean to me, I can \_\_\_\_\_.
4. I show self-respect by \_\_\_\_\_.

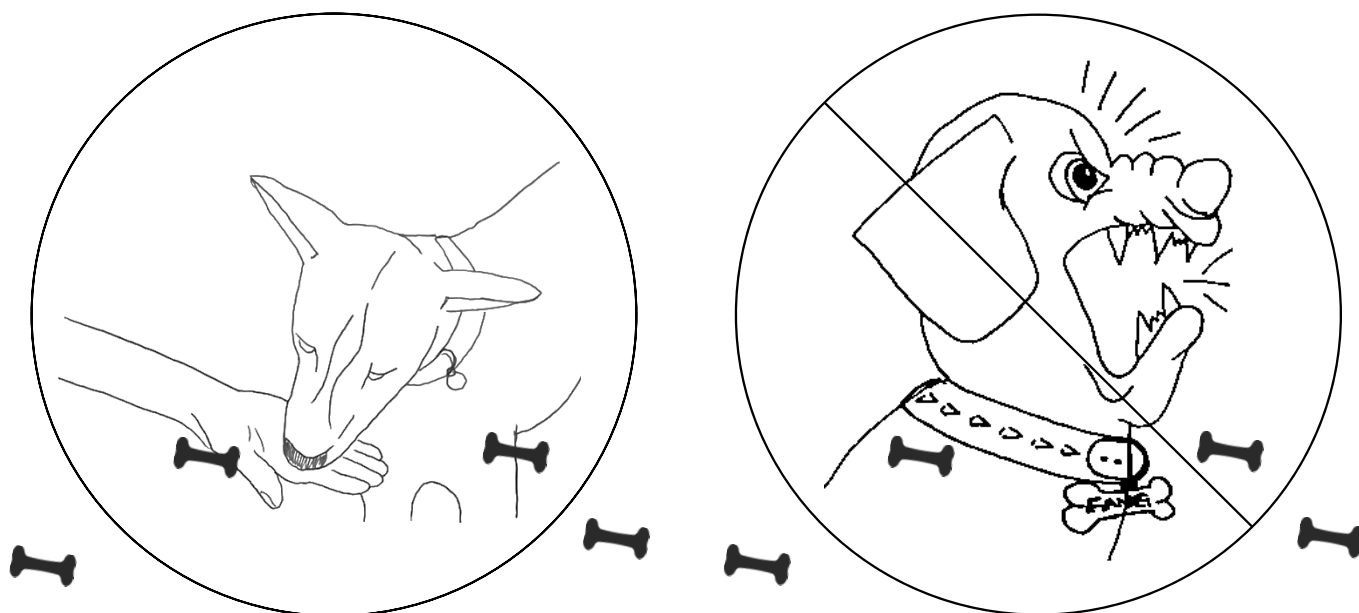
## Design Your Self-Respect Shield

Draw your own "Shield of Self-Respect" in the space below!

Include words, symbols, or pictures that show what makes you strong, proud, and unique.



# Be a Friend, not a Bully



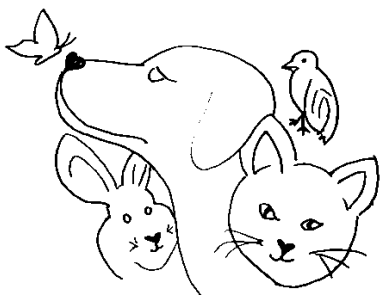
## How to Give a Dog a Bone

Advocate for a dog by giving a treat with an open palm. This protects your fingers in case the dog gets suddenly startled. Be sure not to yell, scream, or be mean to your friends. Learn and practice empathy and compassion. Read your pet's body language and speak up for them.

## Draw Your Furry, Scaly, or Feathery Friend.



What does being an animal advocate, ally, and friend mean to you?



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High Five!



# How to Help: Making a Difference

Kindness is doing something nice for others without expecting something in return. There are many ways to show kindness and to be a good friend. Kindness can be shown in words or actions.

## Make a Kind Acts Checklist

Continue this list of kind Ideas. Check them off as you complete them.

- ☐ Mail your grandparents a card
- ☐ Make your parents or caregiver a kind note
- ☐ Clean up a little extra
- ☐ Do an extra chore
- ☐ Do something for someone else that isn't for you
- ☐ Make a cardboard maze for your hamster or guinea pig
- ☐ Take your dog for a walk
- ☐ Invite someone sitting alone to play with you
- ☐ Write a thank-you note to a teacher, bus driver, or lunch worker
- ☐ Pick up litter at your school or local park
- ☐ Share your favorite toy or book
- ☐ Compliment three people in one day
- ☐ Recycle something instead of throwing it away
- ☐ Leave a positive message on a sticky note somewhere
- ☐ Let someone go first in line or in a game



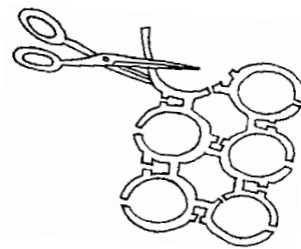
"No act of Kindness is ever too small." – Aesop, Greek storyteller

## Finding Motivation

Sometimes it's easy to forget how much our actions matter. But even little things, like a smile, a kind word, or a helping hand, can brighten someone's whole day. Helping others feels good *and* does good!

When you're feeling tired or unsure, ask yourself:

- How would I feel if someone did this for me?
- Can I be the reason someone smiles today?
- What kind of world do I want to help create?



## Kindness Challenge!

Set a goal to do **5 kind acts** this week, at home, at school, or in your community. Mark each one off on your checklist and write down how it made *you* feel. You don't have to be a grown-up to make a difference. You can start right now, just by being kind.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

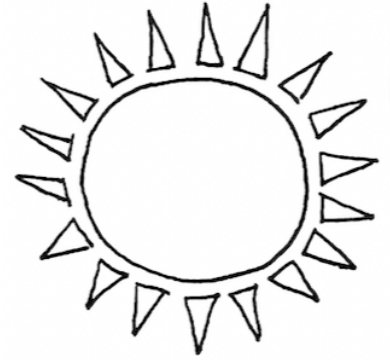


# Giving Back: Caring Considerations

**Kindness is Free, So Sprinkle It Everywhere.**

Giving back can be simple and fun. It might look like:

- ☐ Helping a neighbor carry groceries
- ☐ Donating toys or clothes you've outgrown
- ☐ Reading a book to a younger sibling
- ☐ Planting a tree or flowers in a community garden
- ☐ Collecting food or pet supplies for a shelter
- ☐ Saying thank you to helpers in your community
- ☐ Making cheerful cards for people in hospitals or nursing homes



## Think Before You Act: Caring Considerations

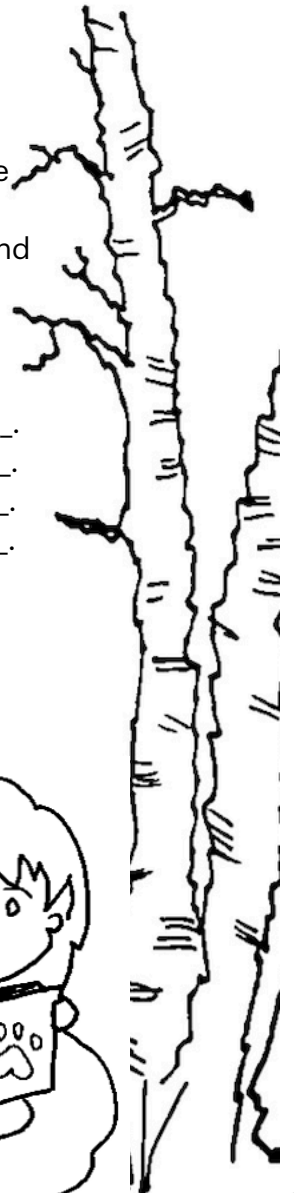
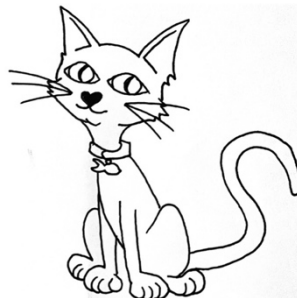
Before giving back, take a moment to consider:

- **Is this safe and respectful?** Helping others should always be safe.
- **Is this helpful to them, not just me?** True giving means thinking about what *they* need, not just what you want to do.
- **Am I listening to others?** Sometimes people need kindness in ways we don't expect. Ask and listen before jumping in.
- **Am I being responsible?** Make sure you follow through on promises and ask for help when needed.

## Reflection Time

Answer these questions in your own words!

1. Someone helped me once by \_\_\_\_\_.
2. I felt really proud when I helped \_\_\_\_\_.
3. One way I can give back this week is \_\_\_\_\_.
4. I care about \_\_\_\_\_, and I want to help by \_\_\_\_\_.





# Careers with Animals



Animal Assisted Therapist  
 Animal Health Inspector  
 Animal Groomer  
 Animal Photographer  
 Animal Farmer or Farm Worker  
 Barn or Farm Manager  
 Horse Trainer and Exercise Rider  
 Animal Lawyer  
 Grant Writer  
 Animal Management  
 Nature Park Ranger (DNR)  
 Animal Nutritionist



**What Do I Want to Be Now?**



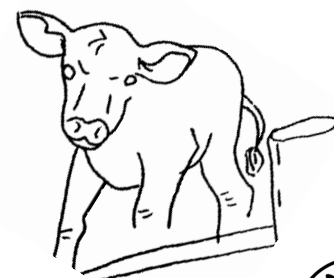
Animal Pooper Scooper (Kennel work)  
 Animal Chiropractor or Massage Therapist  
 Animal Shelter Worker or Manager or Volunteer  
 Pet Adoption Counselor  
 Professional Dog Trainer  
 Aquaculture Farmer  
 Marine Biologist  
 Marine Mammal Trainer  
 Herpetologist  
 Animal Control Officer  
 Police Officer with K-9  
 Dog Walker and Pet Sitter  
 Emergency Veterinarian  
 Veterinarian Animal Behaviorist  
 Exotic and Wild Animal Vet



Humane Educator  
 Livestock Appraiser  
 Pet Food Representative  
 Pet Store Worker or Manager  
 Riding Instructor  
 Small & Large Animal Veterinarian  
 Veterinarian Technician  
 Wildlife Biologist  
 Wildlife Rehabilitator  
 Zoo Director  
 Zoologist



**What Do I Want to Be When I Grow Up?**



... and many more!



# Animal Advocates

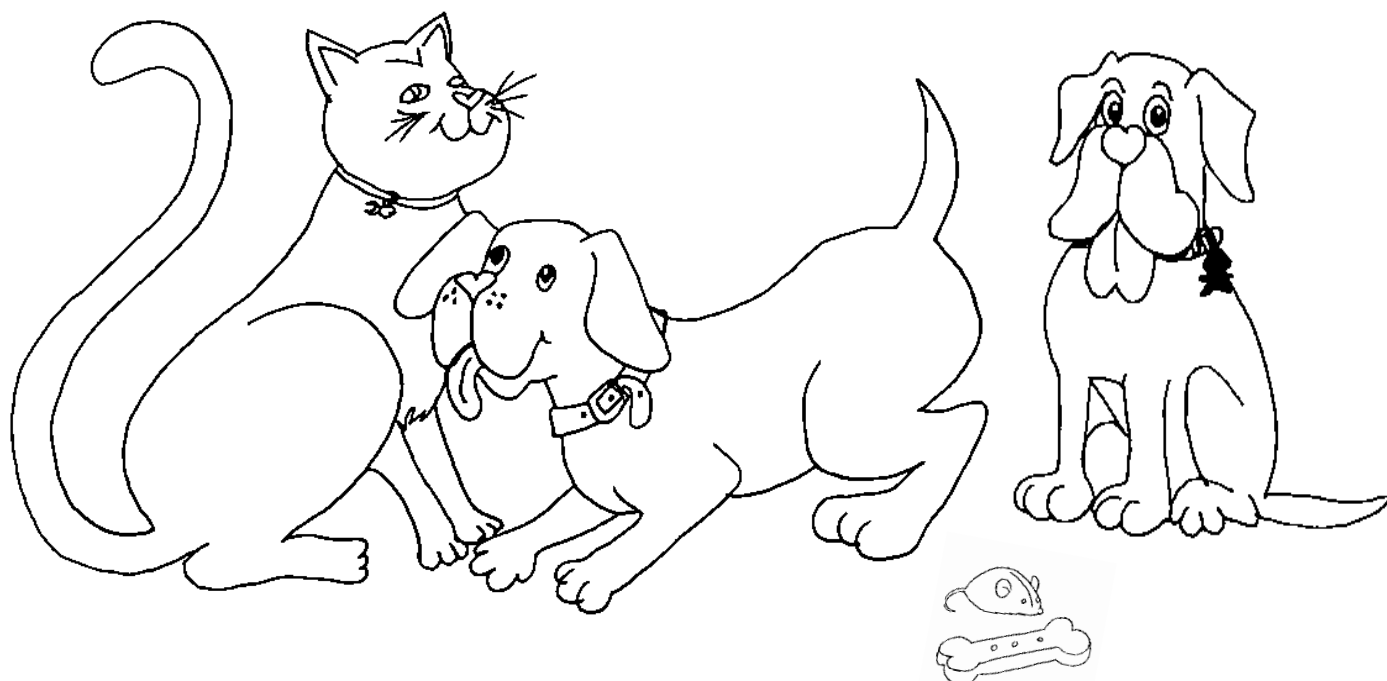


Being an animal advocate means speaking up for animals and ensuring they are treated with kindness and respect. As an animal listener, you pay attention to what animals need and how they feel, even when they can't use words to tell you. By helping just one animal at a time, you can make the world a better place for all creatures. Whether they are big or small, every animal deserves to be cared for and protected. Remember, you can save the world, one animal at a time — big or small, advocate for them all!

As a pet owner, it's your responsibility to make sure your pet is happy, healthy, and safe. This means providing them with good food, clean water, regular vet visits, and lots of love and attention. It's also important to ensure your pet is trained and knows how to behave around people and other animals. Being a responsible pet owner is a big part of being an animal advocate because you're caring for an animal who depends on you.

Youth animal advocates can make a big difference, too! Even if you don't have a pet, you can still help animals by learning about them, sharing what you know with others, and speaking up if you see an animal in need. Whether it's volunteering at an animal shelter or rescue, helping a lost pet find its way home, or just being kind to the animals you meet, every little bit counts.

By being a responsible pet owner and an animal advocate,  
you're helping to create a better world for all animals!



Do not forget that pets need exercise and playtime, too!

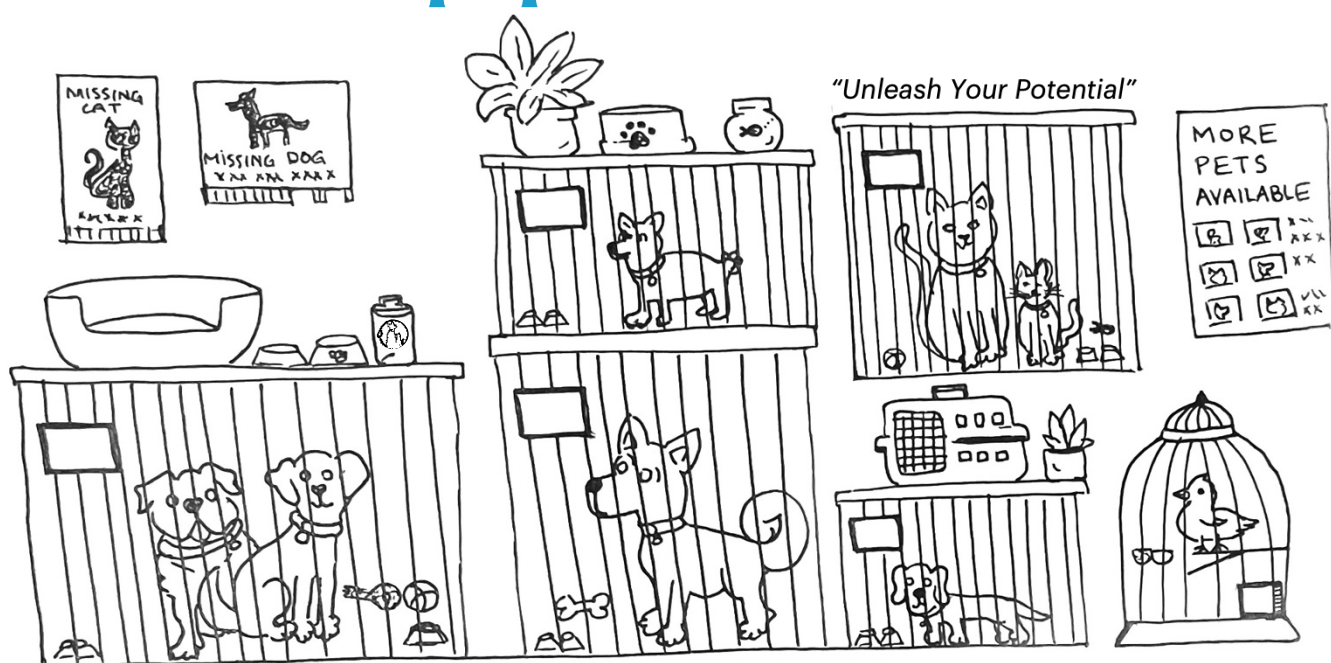
Advocate for your pets with appropriate play.

- Share, never steal.
- Handle and play gently, no wrestling, hard handling, or rough play.
- Teach and play polite games like "find it" or "fetch".





# Pet Overpopulation & Lost Pets



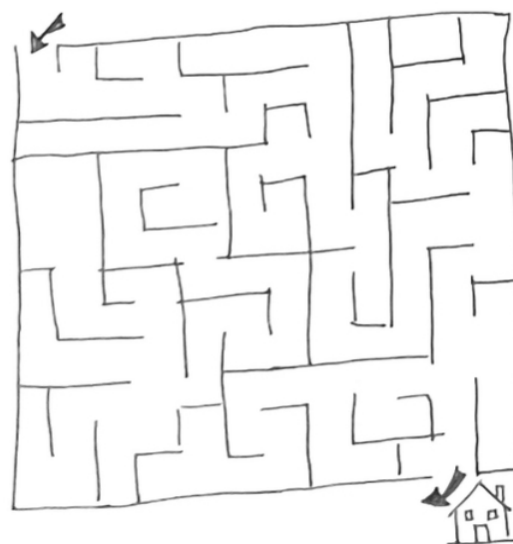
Pet overpopulation happens when there are too many pets and not enough homes for them. This can lead to many animals not having a family to care for them. One way to help prevent pet overpopulation is by making sure pets are spayed or neutered. This simple procedure helps control the number of animals being born, so fewer pets end up without homes. By taking this important step, you're helping to make sure every pet has a chance to be loved and cared for.

Lost pets are another big problem. Sometimes pets get scared or curious and wander away from home. To keep your pet safe, it's important to make sure they always have an ID tag with your contact information. Microchipping your pet is another great way to help them get back to you if they ever get lost. A microchip is a tiny device placed under the pet's skin that can be scanned to show your contact details. By keeping your pet properly identified, you're making sure they can find their way back home if they ever get lost.

You can help prevent both pet overpopulation and lost pets by being a responsible pet owner. If we all do our part, we can make sure more pets find happy homes and stay safe with their families. Remember, every little action you take helps make the world a better place for animals!

Every day, thousands of pets are born for whom no homes exist. Only 1 in 10 will find a home. Please be responsible and spay or neuter your pets!

**Help Blue Find  
His Way Through  
the Maze and  
Back Home.**



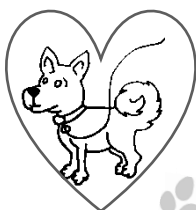
# How to Greet a Dog Safely

Be Smart and Safe: As easy as 1, 2, 3...



## Greet Dogs that are:

Alert,  
Calm,  
Happy,  
Quiet,  
Responsive,  
Relaxed leash...



## 1) Look then Ask the Owner to Say Hi

When you see a dog on a leash with their owner, first look at the dog's body language to see if it is friendly and okay to approach. Remember to walk up slowly instead of running. Always ask the owner for permission to pet the dog before greeting the dog. Ask, "May I please pet your dog?"

Be sure to never run to or away from a dog. If a dog jumps on you, stand still like a tree. If the dog knocks you down, curl up like a rock until the dog goes away or someone comes to help.



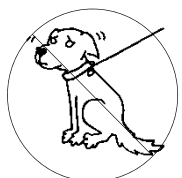
## 2) Say Hello to the Dog by Allowing a Sniff

After getting permission from the owner to greet their dog, ask the dog by showing the dog your fist for a sniff. Allowing a dog to sniff your fist is like saying "hello" in dog language and helps dogs feel safer around you.



## Don't Greet Dogs that are:

Alone,  
Barking,  
Eating,  
Growling,  
Guarding,  
Jumping,  
Pulling on leash...



## 3) Gentle Petting After Dog Greets with a Sniff

Once the dog has said hello with a sniff and seems comfortable, slowly and gently reach under their chin to pat them on the chest or neck. Keep an eye on the dog's body language.

## How Can You Tell if a Dog Is Safe to Meet You?

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Remember L.A.S.T. = Look, Ask, Show, Touch



# Staying Safe Around Dogs

Pet safety is very important! It's essential to learn how to greet dogs properly and understand their body language. Make sure your pets get the best training and vet care to keep them safe and healthy. Always be safe and do *not* approach a dog that is sleeping, eating, scared, hiding, growling, chained up, or behind a fence. Instead of reaching over a dog's head or hugging them, gently pet them under the chin or on their chest. It's also important to respect how pets feel and always play with them safely. Remember, it is best to pet a dog under the chin on the chest!



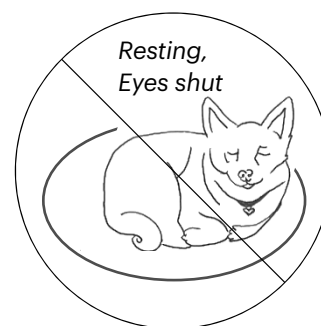
Scared or Chained



Growling or Barking



Eating or Guarding



Sleeping

Washing your hands after playing with or touching animals is really important! It helps keep you healthy by getting rid of any germs or dirt that might be on your hands. Clean hands keep you safe and let you enjoy more time with your furry friends! Wash up after play before going on with the rest of your day.

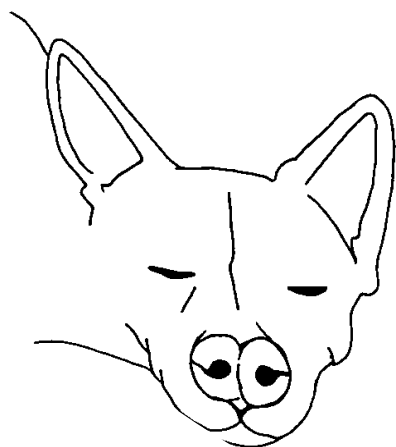


## Pet Safety Promise

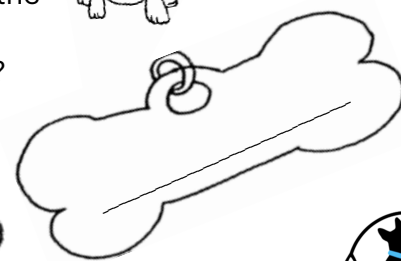
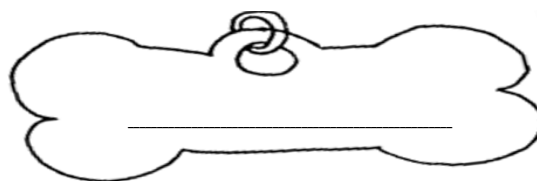
Fill in the words below after you make a promise to stay safe with all animals.

- I will always be \_\_\_\_\_ to animals and \_\_\_\_\_ for them.
- Every time I see a dog I am going to \_\_\_\_\_, not \_\_\_\_\_.
- I will be sure to \_\_\_\_\_ the owner before petting a dog that is on a \_\_\_\_\_.
- I will not approach or touch a dog that is \_\_\_\_\_ or \_\_\_\_\_.
- If a dog jumps on me, I will be still like a \_\_\_\_\_ or if knocked down then I will curl up like a \_\_\_\_\_.

Advocate  
Ask  
Eating  
Kind  
Leash  
Rock  
Run  
Sleeping  
Tree  
Walk



If you see a stray dog, a dog without his owner, or a dog that isn't friendly, stay away from it. Ask an adult to report the lost dog to an animal control officer or the local animal shelter. What information should be on your pet's collar or ID tag?



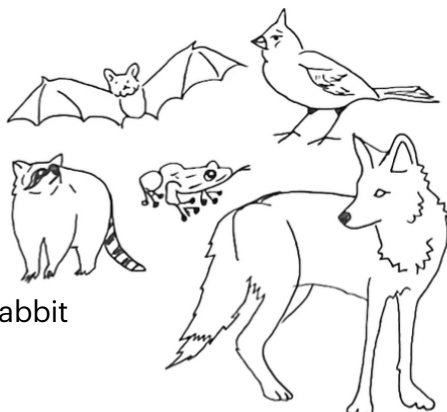
# Wildlife vs. Pets



Learn about and advocate for them all!

## Wildlife

Bald Eagle  
Beaver  
Bobcat  
Bullfrog  
Cardinal  
Coyote  
Cottontail Rabbit  
Fox Squirrel  
Gray Fox  
Gray Squirrel  
Great Horned Owl  
Indiana Bat  
Mallard Duck  
Mink  
Muskrat  
Opossum  
Otter  
Raccoon  
Red Fox  
Red Tailed Hawk  
Striped Skunk  
White Tailed Deer  
Wild Turkey



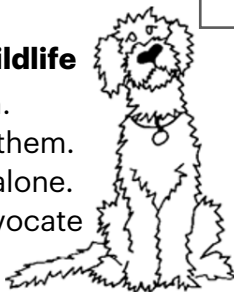
## What Animals Can You Draw?

## Pets

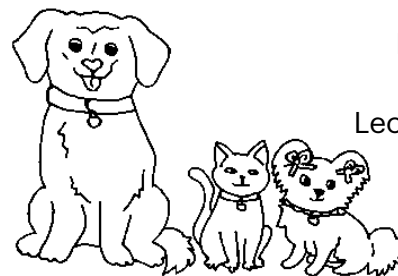
Ant Farm  
Ball Python  
Bearded Dragon  
Betta Fish  
Bunny  
Cat  
Chicken  
Corn Snake  
Cow  
Dog  
Gerbil  
Goat  
Goldfish  
Hamster  
Hermit Crab  
Horse  
Leopard Gecko  
Mouse  
Parakeet  
Rat  
Turtle

## The L's to Wildlife

Look at them.  
Learn about them.  
Leave them alone.  
Love and advocate  
for them.



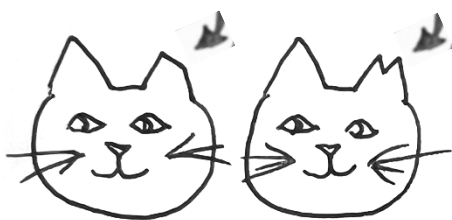
## What Makes Wild Animals Different from Pets?



## Help Blackie Find His Way Through the Maze and Back Home.



## What is a Feral Feline?



A feral feline is a cat that has lost the ability to socialize with humans. A feral cat is shy or skittish and more behaviorally like a wild animal. TNR stands for Trap – Neuter – Release. TNR programs help stop pet overpopulation. If you see a cat with an ear tip or ear notch, it means it has been part of a TNR program.





# Responsible Pet Ownership

Getting a pet is exciting. It also comes with big responsibility. Before adopting an animal, you need to have the right supplies to take care of your pet. Pretend you are getting a pet. What do you need? Circle, color, or draw the items you will need for your new friend.

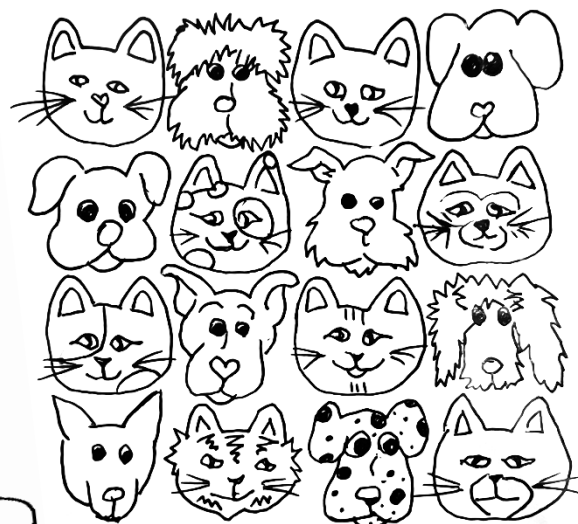


## Pet Responsibility Pledge

I promise to give my pets all the correct care for their needs.

I, \_\_\_\_\_,  
pledge to give my pets:

- Shelter
- Food & Water
- Love & Respect
- Grooming & Care
- Training, Exercise, & Playtime.



Advocate for your pet by making sure they always wear a collar with an ID tag and a rabies tag. This simple step helps keep your pet safe and makes it easier for someone to help them to get their way back home if they ever get lost.

## Pet Word Search

Find all the pet related words in the puzzle.

E	A	R	F	T	T	P	Y	K	B
M	V	E	E	A	U	R	E	E	U
A	E	O	C	T	A	R	S	T	N
D	I	C	L	N	S	T	T	E	N
K	G	P	A	C	F	M	A	L	Y
L	D	C	M	R	L	J	A	F	E
A	U	C	I	H	S	I	F	H	U
W	B	E	G	E	R	B	I	L	R
K	N	D	O	G	P	L	R	Z	M
D	G	I	P	A	E	N	I	U	G

BEST  
BUNNY  
CANARY  
CAT  
DOG  
FEED  
FISH  
FRIEND  
GERBIL  
GUINEA PIG  
HAMSTER  
LOVE  
PET  
TURTLE  
WALK



# Pet ID & Microchips

A pet ID tag is a small tag that hangs on a pet's collar. It usually has the pet's name and their owner's phone number. If a pet gets lost, someone can look at the tag and know who to call.

A microchip is a tiny device (about the size of a grain of rice) that's placed under a pet's skin by a veterinarian. It holds important information like your name, phone number, and address. If your pet is found, a vet or animal shelter can scan the chip to help them get back home.

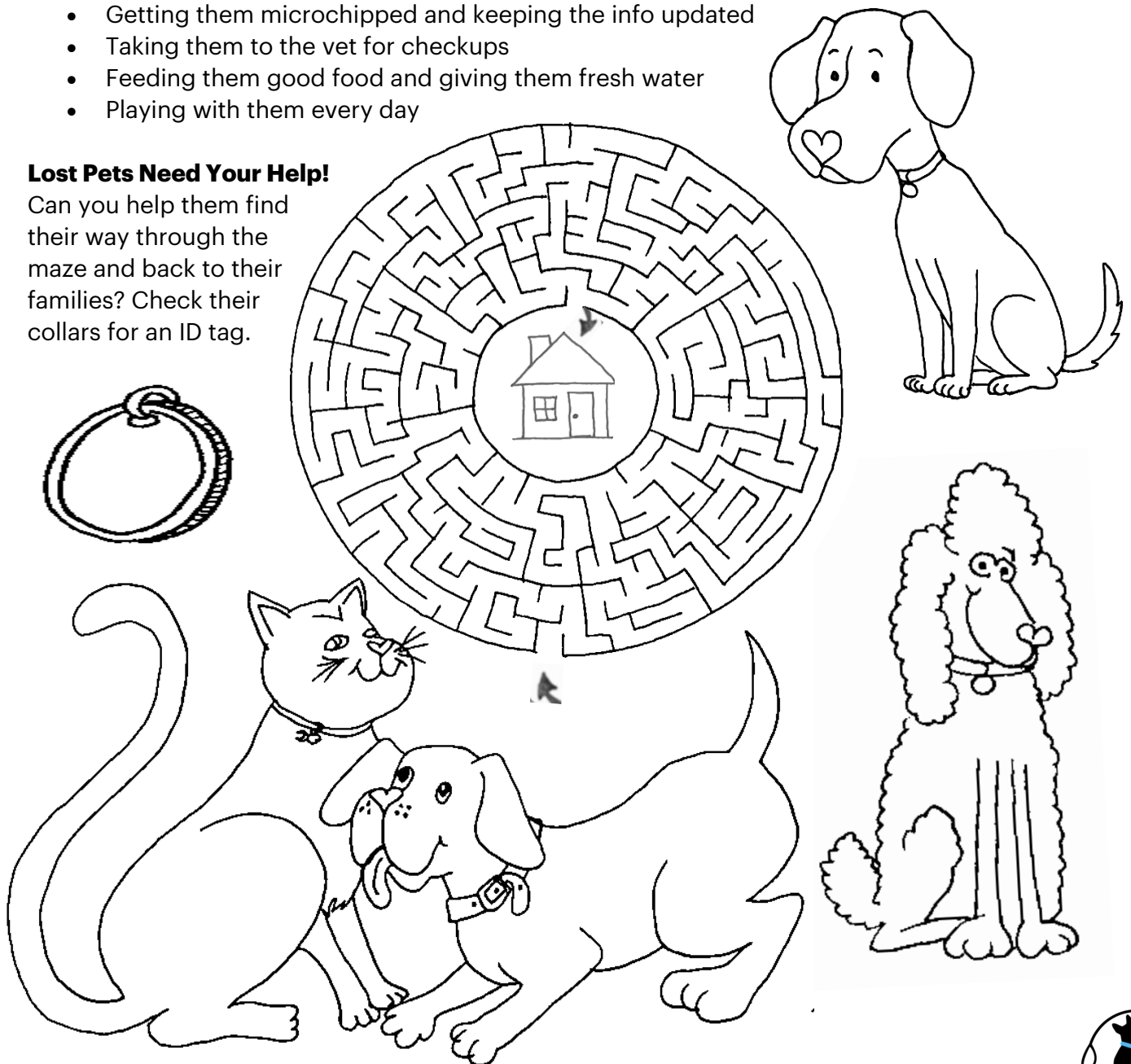
## Why It's Kind to Be Responsible

Being a responsible pet owner means doing everything you can to keep your pet healthy, happy, and safe. That includes:

- Making sure your pet always wears a collar with ID
- Getting them microchipped and keeping the info updated
- Taking them to the vet for checkups
- Feeding them good food and giving them fresh water
- Playing with them every day

## Lost Pets Need Your Help!

Can you help them find their way through the maze and back to their families? Check their collars for an ID tag.





# Caring for Your Pet's Health

Taking care of a pet is a big responsibility, and one of the kindest things you can do! Just like people, pets need regular health checkups, good food, love, and attention to stay strong and happy.

## Here's How You Can Help Your Pet Live Their Healthiest Life

**Nail Trims** – Long nails can hurt your pet's paws and make it hard for them to walk. Regular trims keep their feet comfy and healthy.

**Vaccines** – Vaccines protect pets from dangerous diseases like rabies and parvo. Your vet will help keep your pet on schedule.

**Yearly Vet Checkups** – Pets should visit the vet once a year (or more if they're sick). These checkups catch small problems before they become big ones.

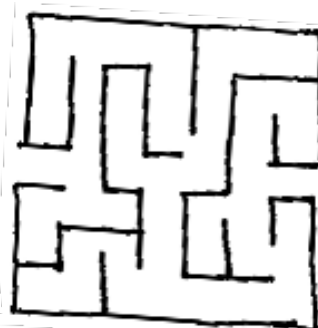
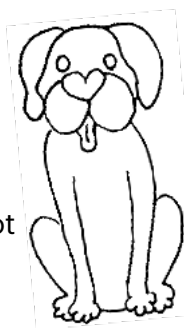
**Clean Ears, Teeth & Fur** – A little brushing and cleaning goes a long way. It helps your pet look good and feel great.

## Watch for Signs of Illness

Pets can't talk, but they show us when something's wrong. If you notice these signs, tell an adult right away and take your pet to the vet.

Look out for:

- Tiredness or hiding
- Not eating or drinking
- Vomiting or diarrhea
- Scratching or shaking their head a lot
- Limping or acting in pain



**Help the Dog Through the Maze and to the Vet.**



## Monthly Pet Care Calendar

Check off the box each time you complete a care task for your pet!

	<u>Brush Fur</u>	<u>Trim Nails</u>	<u>Clean Ears</u>	<u>Check Teeth</u>	<u>Fill Water Bowl</u>
Wk1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wk2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wk3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wk4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Feeling Bored?

B

## Be a Friend

Write a kind note or make a phone call to a friend just to say hello or share something nice.



O

## Offer Creative Kindness

Make a friendship bracelet, drawing, piece of art, or another creative gift to show you care.

R


## Read Thoughtfully

Read a story and imagine how you would feel if you were in the character's place. Talk about it with someone!



E

## Explore Nature

Spend time outside! Go for a walk, play at the park, watch bird, or discover something cool in nature. 



D

## Do a Good Deed

Be the reason someone smiles - help with a chore, give a compliment, or do something thoughtful from the heart.



## Create a Boredom Busters Jar

A boredom jar is a fun and simple way to beat boredom.

1. Get a jar and fill it with fun ideas on pieces of paper.
2. Write a different idea on each piece of paper.
3. Fold the paper pieces in half and place them in the jar.
4. Next time you are bored, grab a piece of paper from the jar from an idea of what to do.

Some ideas to place in your jar include learn and play a game, have a snail race, design a colorful poster, find shapes in the clouds, pull weeds in the garden, build a pillow fort, write your name with sticks or rocks, have a fashion show, or set up an obstacle course.



## Helping Hands

Kindness isn't just about how we treat others. It is also how we take care of our space. When you pick up after yourself, you are showing respect to your environment and for the people around you. Leaving a mess can create stress or extra work for others. Cleaning up shows responsibility and care. Whether you are at home, school, a friend's or family member's, putting things back where they belong helps everyone enjoy the space. Don't forget that giving a helping hand, and small acts of kindness like cleaning up your toys, craft supplies, or snack wrappers are simple ways to show you care.





# Certificate of Completion

**Presented to**

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Your Name

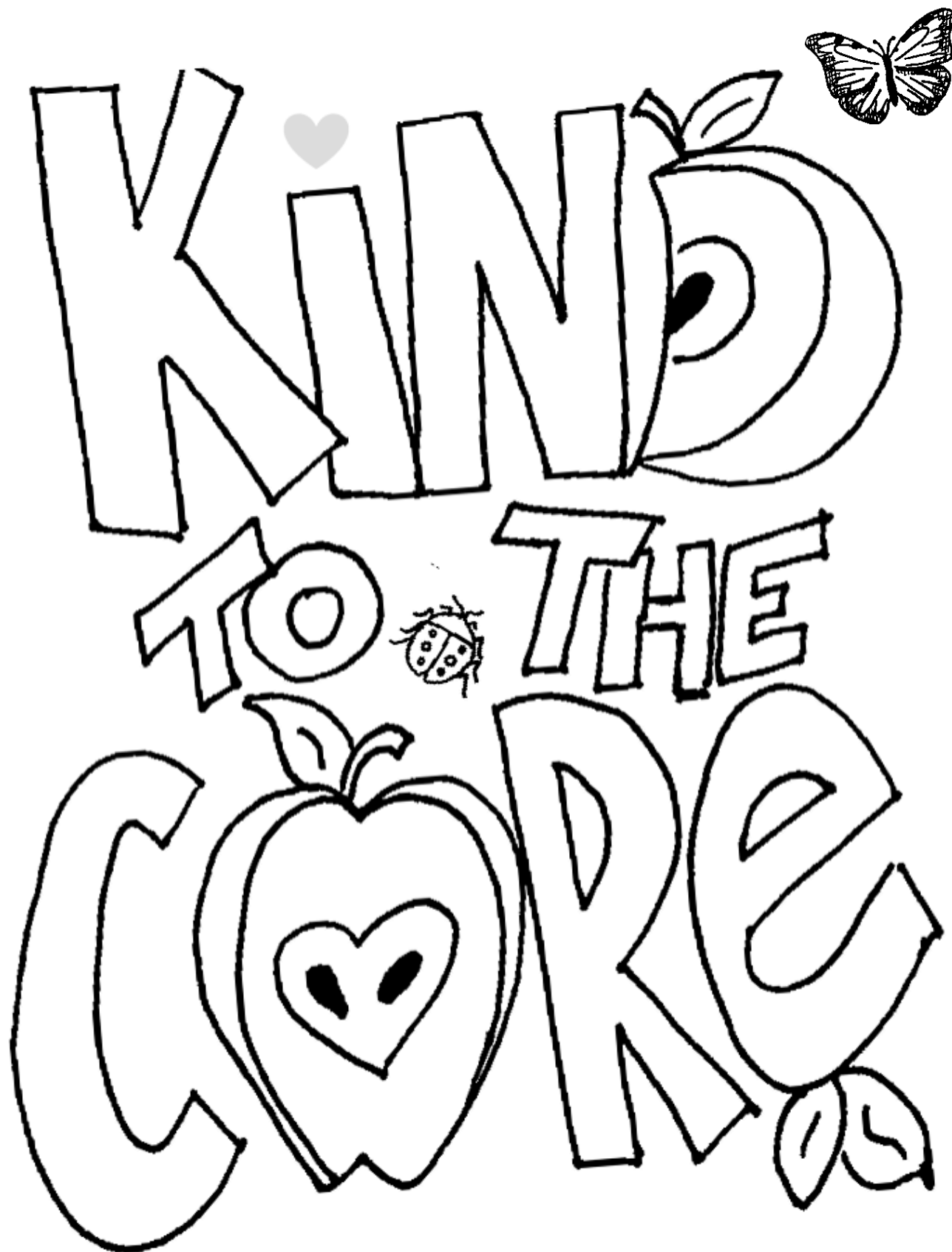
Has successfully completed this course and knows that

***It's Cool to Be Kind!***

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Date of Completion





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**Thank You for Reading!**

