



BE YOUR BEST YOU...
TO OTHERS

Kindness Counts

November Newsletter

2025-2026 | 3-5

Name: _____

Grade: _____

Teacher: _____

WHY IT MATTERS

When you are your best YOU,

you use kind words, help others, and treat people the way you want to be treated. That means sharing, taking turns, saying “please” and “thank you,” and being a good friend. It’s also about using kind words when someone is sad, and calming down when you feel upset. When we are kind and caring, we make our classroom, school, and world a happier place!

AMIRA'S JOKE

Why was the friend so good at hide and seek?
Because they were always looking out for others!



CHALLENGE

Sportsmanship Star

Sportsmanship means being kind and fair when you play games or sports. It’s about sharing, taking turns, cheering for everyone, trying your best, and being a good friend — whether you win or lose!

1. Look at each word in the **Sportsmanship Star**.
2. Think about what each word means when you are playing games or sports.
3. Write one sentence for each word that shows how YOU can be a good sport.

1. _____

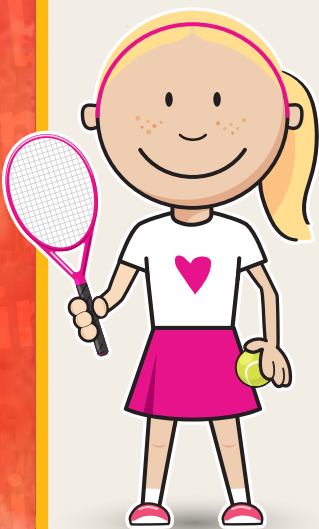
2. _____

3. _____

4. _____

5. _____

Listen
Share
Cheer
Wait
Try



**Fitness
for Kids**
CHALLENGE

AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

ACTIVITY

Kindness Catchers!

- **Look around the classroom** and see if you can “catch” someone doing something kind! (That means you notice when someone helps, shares, or says something nice.)
- **When you see a kind action**, write what you saw on your Kindness Catcher worksheet.
- Try to catch **at least 3–5 acts of kindness** during the day!
- You can’t write the same name more than once—try to catch different classmates being kind.
- At the end of the day, **share one kind thing you saw** with the class or a partner.
- Celebrate how many kind kids you noticed—think about how YOU can be a kindness catcher too!

| Kindness Catcher! Write what you saw in each box below: | Classmates Name |
|---|-----------------|
| | |
| | |
| | |
| | |
| | |
| | |

CELEBRATE AND REFLECT

Grow into being your best YOU!

Think about the questions below. Throughout this month, try and think about these questions and the different ways you can grow into being your best YOU!

Reflection Questions: (Circle one of the options)

How did I feel today?

Happy Sad Excited Mad Worried

What was one kind thing I did for someone else?

Helped them Shared something with them Listened while they spoke
Included them in a game or activity Said kind words

Who was nice to me today?

A parent A friend A teacher A classmate A sibling A family member

What could I do tomorrow to be a better friend?

Share Say kind words Be nice Smile

What could I do when I feel upset?

Breathe in for 10 seconds, pause Use my 5 senses Ask an adult for help

JOKE

What do you
say to a grumpy
orange?

**Peel
better soon!**

Parent Tip: Every day try and ask everyone in your house, what was the best part of your day?!

AT HOME TIP