



BE YOUR BEST YOU...
TO OTHERS

Kindness Counts

November Newsletter

2025-2026 | K-2

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!

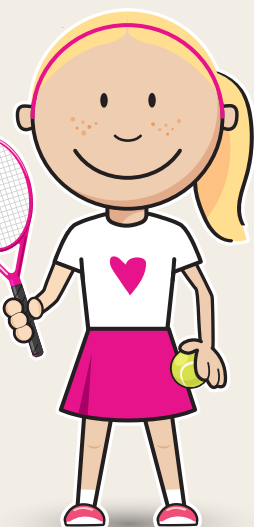


CHALLENGE

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 in the middle means when you are playing games or sports.
3. Match the words by drawing a line to the sentence it fits with.



I ____ my toys with my friend.

Shared
Cheered
Waited
Tried
Listened

I ____ to my coach when she was talking.

I ____ for my friend on the other team!

I ____ while my teammate go to go before me.

**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 showing kindness!** (This could be someone helping, sharing, using kind words, or being a good friend.)
- Read each kind action** in the chart below. When you see a classmate doing one, **write their name** next to it.
- Try to **find different classmates** for each action—no repeats! Let's see how many kind friends you can catch!

Kindness Catcher!	Classmates Name
Said please or thank you!	
Shared something without being asked	
Included others in a game or activity	
Waited their turn	
Used kind words or gave a compliment	
Helped a classmate, friend or teacher	

CELEBRATE AND REFLECT

Grow into being your best YOU!

Think about the questions below. Check the box on one of the options. Throughout this month, try and come back to these questions and think about different ways you can grow into being your best YOU!

Reflection Questions:

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