

Kindness Counts

November Newsletter 2026-2027 | K-2

Name: _____

Grade: _____ Teacher: _____



The Big Why:

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!



**BE YOUR BEST YOU...
TO OTHERS**

Take the Challenge

Friendship Phrases

Trace the friendship phrases below and read them out loud!

Then, talk with your class or family about why these friendship skills help us be kind, caring, and great friends. Can you think of a time when you showed one of these friendship skills today?

Be kind

Share toys

Listen well

Use manners

Help friends



Why did the kite make such a good friend?

**Because it
always lifted
people up!**



Get Moving!

Can you do the invisible chair challenge? Sit down and stand up as many times as you can in 30 seconds!

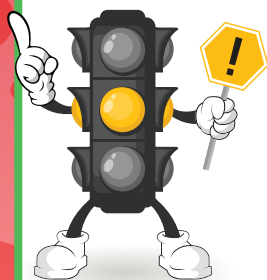
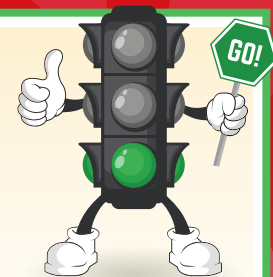
Write how many you can do here:

These are called **squats**, which help your legs grow **STRONG**.





Fuel Your Race Car! Choose foods that give your body energy. Yellow-light foods give you some fuel, while green-light foods give you the fuel and energy to really zoom!



YELLOW LIGHT: PAUSE and underline a food you might enjoy as a treat sometimes.

GREEN LIGHT: GO! Circle a food that could help fuel your body for playing, learning, and growing.

All foods can fit! Some foods give your body lots of fuel through nutrients (**green go foods**) while other foods are fun to enjoy sometimes (**yellow sometimes foods**). The goal is to eat a variety of foods that fuel our bodies and enjoy them!

Family Corner Kindness at the Dinner Table

Every night at dinner, take a few minutes to sit together and talk about kindness. Go around the table and have everyone answer these questions:

1. What is one kind thing someone did for you today?

2. What is one kind thing you did or saw someone do for someone else today?

3. What is one small kind thing you can do tomorrow?

Keep it going each night and make kindness a family habit!

Dream big and share your family's answers with us for a chance to **WIN!**
ADULTS: Scan the QR code monthly and take the quick survey.



Kindness can spread from person to person, just like a yawn!
How can you show your kindness to a friend today?

Fun Fact!



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