



**THEME: HOW TO MAKE DECISIONS TOGETHER**

Directions: Draw a face that shows what it feels like when you and a friend have made a decision together that you both like.

Write one word that describes the picture:

Remember to SOAR:

**S**  
**C**  
**A**  
**R**

**Sense** what's around you

**Open** your hands to help others

**Act** with kindness

**Respect** other people



**THEME: BULLYING**

Directions: Draw a shape and use a color that shows how it feels to be bullied.  
Now draw a second shape and use a color that shows how it feels when people are kind to each other.

What color(s) does kindness look like?

Remember to SOAR:

**S**  
**O**  
**A**  
**R**

**Sense** what's around you

**Open** your hands to help others

**Act** with kindness

**Respect** other people



**THEME: ABOUT KINDNESS**

Directions: Draw a picture for someone you love and give it as a present to make them realise how much you appreciate them.

Write a sentence of what they said when you gave it to them!

Remember to SOAR:

**S**  
**O**  
**A**  
**R**

**Sense** what's around you

**Open** your hands to help others

**Act** with kindness

**Respect** other people



**THEME: CLEANING BEFORE PLAYING**

Directions: Draw a picture that shows how your mom or dad feels when you clean your room. When you finish the picture, give it to them as a gift.

Write a sentence of what you would like them to say when you clean your room.

Remember to SOAR:

**S**  
**O**  
**A**  
**R**

**Sense** what's around you

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**Act** with kindness

**Respect** other people



**THEME: PLAYING TOGETHER AND MAKING CHOICES**

Directions: Draw shapes that show what it looks like when you and your friends are playing well together.

Choose a word that describes what playing together sounds like.

Remember to SOAR:

- S** Sense what's around you
- O** Open your hands to help others
- A** Act with kindness
- R** Respect other people



**THEME: FEELING INCLUDED**

Directions: Make up a song about how it feels to be included and sing it to your family and friends.

What sounds did you hear inside as you were making up the song?

Remember to SOAR:

**S**  
**O**  
**A**  
**R**

**Sense** what's around you

**Open** your hands to help others

**Act** with kindness

**Respect** other people



**THEME: BEING UNSURE ABOUT WHAT TO DO**

Directions: Ask your mom, your dad, or your teacher what they can do to help you when you are feeling unsure.

Write two or three words or sentences that describe what they told you.

Remember to SOAR:

**S**  
**O**  
**A**  
**R**

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**Act** with kindness

**Respect** other people



**THEME: FEELING JEALOUS**

Directions: Your favorite toy doll or stuffed animal is jealous because you are smarter than she is. Help your favorite toy feel better about her strengths.

What did you do to help your doll or animal feel better?

Did you hug your doll?

Did you tell your doll how much you like her?

Did you tell your doll that you like to play with her, and why you do?

Write a short story about what you did to help your favorite doll or animal feel better about her strengths.

Remember to SOAR:

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**O**  
**A**  
**R**

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**THEME: BEING AWARE OF MY BODY**

Directions: Draw a picture of your body. Place an arrow next to the part of your body that you use the most.

What does that part of your body help you to do?

Write one or two words/sentences that describe the part of your body that you use the most:

Remember to SOAR:

**S**  
**C**  
**A**  
**R**

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**Act** with kindness

**Respect** other people



**THEME: MAKING NEW FRIENDS**

Directions: Make a list of 3 ways you can make a new friend. After you have made your list, act them out with someone you would like to get to know better and see what happens.

Remember to SOAR:

**S**  
**C**  
**A**  
**R**

**Sense** what's around you

**Open** your hands to help others

**Act** with kindness

**Respect** other people



**THEME: THINKING BEFORE YOU ACT**

Directions: You are mad because your friend broke your favorite toy. Draw a picture showing what you can say or do to help make the situation better. Think of a song that makes you feel better while you are drawing.

Can you hum or sing the song?

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



**THEME: KEEPING THE EARTH CLEAN**

Directions: Help make the earth cleaner by spending 10 minutes picking up trash in your neighborhood and throwing it in the trash bin. You may want to invite your friend(s) or an adult to join you.

Draw a picture of something you are proud of that you picked up because you know it helps the earth.

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



**THEME: HELPING OTHERS**

Directions: Think of one thing you can do today to help someone in your family.  
Do it and see what happens.

Complete the sentences:

I helped my \_\_\_\_\_ by \_\_\_\_\_.

This was helpful because \_\_\_\_\_.

Remember to SOAR:

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**A**  
**R**

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## THEME: RESPECTING DIFFERENCES

Directions: Your friend eats food that you don't like and she would like to share her lunch with you. Ask an adult to help you think of a way to politely say no. Write a one paragraph story about what you can say and do that lets her know that you appreciate her even though you don't like her food. If you need help writing your paragraph, ask an adult to assist you.

What does respect sound like? Choose one word that describes what respect sounds like.

Remember to SOAR:

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**O**  
**A**  
**R**

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**Respect** other people



**THEME: STAYING CALM AND BEING FOCUSED**

Directions: Use the palms of your hands and other parts of your body, like your fingers and thighs, to create a rhythm that sounds soothing. Draw the rhythm using differently sized circles for the strength/length of the sound and lines for the pauses in between the circles.

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people



**THEME: EXPLORING LOVING BEHAVIOR**

Directions: Draw a picture of what it feels like inside when you know you are loved. Notice how you are breathing while thinking about and drawing this feeling.

What does loving behavior sound like?  
Choose a word to describe how it sounds.

Remember to SOAR:

- S** Sense what's around you
- O**pen your hands to help others
- A**ct with kindness
- R**espect other people