



Be the reason  
someone smiles  
today.

## Spreading Kindness Guide

Sprinkle kindness at your library and in your community with the activities below, which coordinate with Upstart's [Kindness Cards](#).

**Kindness Scavenger Hunt** Place a dozen or more Kindness Cards in or around books in one section of the library. As students find them, have them fill the cards out and turn them in for small prizes, such as bookmarks. Then, place new cards in other books. Change the section of the library in which you hide the cards weekly.

**Warm Fuzzies** Give each student a paper bag, and have them write their names on the bags. Then, provide them with colorful pom poms, glue, and markers so they can decorate their bags with "warm fuzzies." Then, set the bags around the room. Have students write one nice thing about each of their classmates on Kindness Cards or slips of paper and drop them in the corresponding bags. When finished, each student should have a bag filled with "warm fuzzies."

**A Garden of Kindness** Read *Ordinary Mary's Extraordinary Deed* by Emily Pearson. Then, hold a

group discussion about how one kind deed can make a difference in someone's life, and in turn, have a positive impact on the lives of others. Encourage students to think of something kind that someone else did for them recently and write it on a copy of the flower shape on page 2. Then, have them write a kind deed they have done for someone else on a copy of the butterfly shape. Have them decorate their flowers and butterflies. Display them on the bulletin board along with [Kindness Cards](#) or [Posters](#) under the heading "A Garden of Kindness."

**Community Outreach** Think about what organizations in your community you would like to reach out to. It could be a Boys and Girls Club, Salvation Army, senior center, hospital, etc. Have students write kind messages or draw happy pictures on the back of the Kindness Cards. Then, take them to your chosen organization, along with a handwritten note saying who they are from, for staff to hand out and brighten up others' days.

**Random Acts of Kindness** Spread kindness not only in the library, but everywhere you go! How many of the following kind deeds can you complete in a week? Check each one off as you go.

- Let someone go in front of you in line.
- Sit by someone new at lunch.
- Help a neighbor carry groceries or do yard work.
- Hold the door open for someone.
- Smile at someone you don't know, just because.
- Tape kind notes to the bathroom mirror at home.
- Offer to partner up with a shy student in class.
- Hug someone who is having a bad day.
- Write a positive message on the sidewalk with chalk.

