



HELP ME BUILD MY CHARACTER

KINDNESS



This activity book is intended for children 6-11 years old to complete with an adult in order to develop their understanding of character, and to have lots of fun along the way! Children can work on some of the sections by themselves, but the adult should review and, more importantly, discuss each section with the children.



Are You a Kind Person?

Take the test and score yourself:

	Question	Yes	No
1	Do you know the Golden Rule?	+3 points	-3 points
2	Do you live by the Golden Rule?	+5 points	-5 points
3	If you saw a dollar bill fall out of someone's pocket, would you stop and give it back?	+2 points	-2 points
4	Have you ever asked a classmate who is sitting alone to play with you and your friends?	+3 points	-2 points
5	When you ask for something at the dinner table, do you always say "please"?	+2 points	-2 points
6	When someone does something nice for you, do you always say "thank you"?	+2 points	-2 points
7	Have you ever done anything nice for someone without expecting anything in return?	+4 points	-2 points
8	Have you ever gone out of your way to return something that didn't belong to you?	+3 points	-2 points
9	Have you ever stopped anyone from harming a pet?	+3 points	-3 points
10	Have you ever stopped a bunch of kids from being mean to another kid by saying something like, "Come on, we should be nice"?	+10 points	-3 points
	TOTAL POINTS	PLUS	MINUS
	TOTAL		

If you scored:

More than 15 points: You're a kind person.

More than 20 points: You're a very kind person.

More than 25 points: You're an extremely kind person.



Have Fun Solving the Puzzle

Try to fill in the missing numbers:

The missing numbers are between 0 and 9.

The numbers in each row add up to the totals on the right.
The numbers in each column add up to the totals along the bottom.

7		3		9	27
3	4	4			16
		7	8		20
6	4		5		29
1	6		1	1	14



17	24	27	17	21
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		3	5	4	30
	6	3	9	6	25
9		4	5	7	29
4	0				12
		0	4		26



32	23	13	24	30
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Shawnie Is Always Striving to Be Kind

Cross out the statements that Shawnie would *not* likely say:

1. "I try to smile at everyone."
2. "Biff wasn't very nice to me, so I'm not going to be nice to him."
3. "I don't like boys who act goofy."
4. "Let's all get together and help paint Mrs. Johnson's fence. She's older and needs our help."
5. "I'm not going to help paint Mrs. Johnson's fence unless she pays me."
6. "I'm going to be nice to the new kid in school because she's sort of scared and doesn't know anyone yet."
7. "I've already seen this movie, but I'll see it again because my friend wants to watch it."
8. "Don't pick Robert for the team! He's not very good."
9. "I'm going to help Jake and Lauren study for the history test, because they don't understand it as well as I do."
10. "It's okay to cut in line if you can get away with it."
11. "I picked up a snail in the driveway and put it on the grass so it wouldn't get run over."
12. "I was whispering and telling secrets about another girl at the lunch table. It was really fun."

