Preschool | Ages 3-5

1. Spot a kind choice

Name: _____ Date: _____

Ask an adult to read each pair. Point to or circle the kind choice. Tell the adult why.

A. Invite a child to play.
B. Tell a child they cannot join.

A. Take turns with a toy.
B. Grab a toy from someone.

A. Help pick up spilled crayons.
B. Laugh when crayons spill.

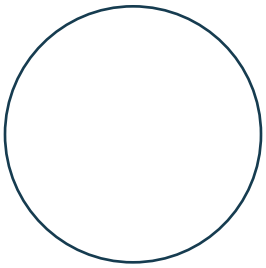
Draw a kind choice you can make.

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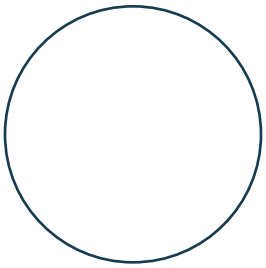
2. Draw a feeling

Name: _____ Date: _____

Detective Sam notices how people feel. An adult can read these words with you: happy, sad, worried, excited.



HAPPY



WORRIED

Draw a face for each feeling in the circles. There is more than one way a face can look.

Tell an adult: What could help someone who feels worried?

Draw someone helping.

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3. My helping mission

Name: _____ Date: _____

Choose one small mission with an adult. Circle your choice.

O Help put away classroom supplies.

O Invite someone to join a game.

O Use a kind word, wave, or gesture.

Draw yourself trying the mission.

Tell an adult: How did you help? How did the other person respond?

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Adult & educator notes

Name: _____ Date: _____

Use 5-10 minutes per page. Read aloud; accept pointing, drawing, speech, gestures, or an adult writing the child's words.

Page 1: The kind choices are inviting a child, taking turns, and helping with crayons. Ask what the choice might feel like to someone else.

Page 2: Feelings have no single correct face. Invite discussion without requiring children to share personal experiences.

Page 3: Help choose a safe, manageable mission. Model the action together. Praise effort and noticing others, rather than awarding a best helper.

Care & participation

Use hypothetical situations. Do not ask students to identify peers or disclose bullying experiences publicly. If a student reports harm, follow your school or organization's safeguarding and reporting process. Seek adult help promptly for threats or immediate safety concerns.

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