



PBS Wisconsin
Education

Kindness Teach Your Way Calendar



Theme	Collection	Video	Digital Game	Printables	Activity	Family Time	Explore More
Mindfulness = Kindness	<u>Carl the Collector</u> Social and emotional learning, social awareness, self-management, and more.	<u>Learn Belly Breathing</u>	<u>Monster Meditation</u> Practice mindfulness with <i>Sesame Street</i> .	<u>Get Moving Bingo</u> Activities to grow gross motor skills.	What are two kind things you can do for someone in your community ?	<u>“I Can” Flower</u> Make a special flower to help boost confidence.	<u>Young Peace Leaders</u> See ways students can benefit from the arts.
Big Feelings – Inside & Out	<u>Daniel Tiger’s Neighborhood</u> Social and emotional skills that boost early learning.	<u>Mad Feelings</u> Learn strategies to deal with mad feelings.	<u>Spin and Sing</u> Simple songs for managing life’s ups and downs.	<u>All About Emotions Bingo</u> Explore emotions and ways to express them.	Ask a grown-up how they handle big feelings .	<u>Feelings Book</u> Help children label and understand different feelings.	<u>Sesame Workshop Emotional Wellbeing</u> Help kids build bonds that nurture their wellbeing.
Working Out Problems	<u>Lyla in the Loop</u> Creative expression, collaboration, and flexible approaches to problem-solving.	<u>I Wonder, What If, Let’s Try!</u> Encourage kids to keep trying new ideas.	<u>Step It Out</u> Try different ways to complete everyday tasks.	<u>Being Kind Bingo</u> Learn to share positive interactions with others.	Cut a picture from a magazine. Then, cut it into pieces. Work together to reassemble it.	<u>Stu Cards</u> Games and activities for collaborative problem-solving.	<u>PBS KIDS Talk About: Celebrating Family</u> Each family is unique.
Gratitude	<u>PBS KIDS Talk About</u> Conversations about emotions, courage, self-confidence, and more.	<u>Thank You for Everything You Do</u> Sing with Daniel Tiger.	<u>Thank-U-Maker</u> Make creative gifts to say “Thank you” to town helpers.	<u>Gratitude Bingo</u> Learn ways to say “Thank you!”	Think of a person you are grateful for. Share about that person with a grown-up.	<u>Daniel Tiger Thankfulness Cards</u> Write and deliver thank-you notes.	<u>Talk About Gratitude with Xavier Riddle</u>
Community	<u>Creating a Caring Community</u> Demonstrate and encourage kindness and fairness.	<u>You, Me & Community</u> Together we’re the key!	<u>Riding with Rosie</u> Learn about community helpers.	<u>Caring for Each Other Bingo</u> Explore ways to show you care.	If you could be any community helper , who would you be and why?	<u>Choosing Chores</u> Find ways everyone can be a helper.	<u>Power Up with Kindness</u> Learn how one girl is helping others.
Caring for Our World	<u>Explore the Outdoors</u> Nurture curiosity with playful learning.	<u>Nature is Our Neighbor</u> Celebrate the Earth with <i>Wild Kratts</i> .	<u>Veggiezilla</u> Grow vegetables with <i>Molly of Denali</i> .	<u>Nature Bingo</u> Explore nature and practice observation skills.	What can you do in your neighborhood to care for the world ?	<u>Explore Nature on a Walk</u>	<u>Creature Power</u> Outdoor play helps kids explore and discover.

