



m0oZie

# Kindness Activities

Starter  
Pack

Ages 3 to 5

25  
Activities

Promoting

Cooperation • Listening • Sharing

Empathy • Sympathy





## Learning Goal

Develop/improve listening skills.

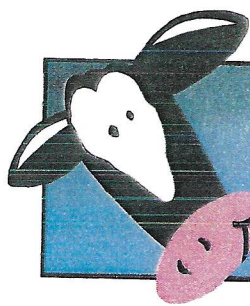
## Developmental Skills:

- ◇ Listening
- ◇ Building self-esteem
- ◇ Gross motor
- ◇ Fine motor
- ◇ Understands and follows directions
- ◇ Family member application
- ◇ Cooperation with others

## Supplies:

- ◇ Books
- ◇ Blocks
- ◇ Ball

**Listening Is Fun!**



**Kindness Activities**

## Learning to Listen

*Moozie® says:* Learning to listen is fun to do;  
When I'm listening, I cannot talk to you.  
I sit in my chair and I am quiet, too;  
Listening teaches me things, so I know what to do.

Before children can be successful they must learn to listen. Listening skills are necessary to develop skills in language and reading. Children must be able to discriminate individual sounds before they can put letter sounds together to build words. These games will help them practice and learn that listening is fun and helpful.

## Ways to Guide the Children

- ♥ Be a good listener yourself; children model what they see and hear. When a child is talking to you, pay close attention!
- ♥ Praise the children often for listening by saying, *Thanks for being a good listener.* That will help them pay better attention.
- ♥ Encourage and remind them often to develop the good habit of listening.

## Simple Listening Awareness Games

Select two common items in a classroom that make an audible sound, such as a bell and a drum. Tell the children to walk around the room or in a circle when they hear the bell, and to stop when they hear the drum. Let the children take turns making the sounds for the group. If you have musical instruments, choose two of them.

Make up a rhythm pattern using parts of the body such as clapping, slapping your thigh, snapping fingers, patting shoulders, hopping. Alternate using two of one sound, then three of another sound. Talk about the different sounds that are made. Which one is loudest or softest?

Identify sounds in the room, such as opening and closing the door, flipping the light switch, pulling a toy car across the floor, dropping a mat, or cutting paper with scissors. Have children close their eyes and take turns guessing the sound.

Let children experiment with sounds of different items by dropping them or tapping them on the table. Consider using cotton balls, keys, blocks, markers, metal spoons (different sizes) or other items they want to try. Ask them which ones make a soft sound and which ones are loud.

Have children select items from the room that will make a noise when they touch each other—pencils, scissors, tin cans, jingle bells, spoons, etc. Using fishing line, tie the items to a clothes hanger and hang where a breeze will move it. Talk about the noises made by the mobile.

Let the children take turns making animal sounds and the other children identify the animal.

Take a listening walk inside the school or outdoors. Ask the children about what sounds they are hearing.





## Learning to Listen

### Reading to the Children

Make reading an interactive activity. When reading to the children, stop before turning the page and say, *What do you think will happen next?* Ask about details in the story so you know how well the children are listening. If they seem unsure, start the story over and tell them to listen carefully.

On different occasions, select a book to read that the children know very well. When reading this time, stop at key points and let the children tell you the words that come next. Or try reading the story and changing key details or words to see if the children are listening carefully. Praise them when they "catch" you saying something different.

Read a book aloud to the children, but stop just before the last page and ask, *How do you think the story will end?* After they answer, finish the story and discuss the ending with them. Did they guess the ending right? Was there a surprise ending? What were the clues in the story that may have predicted the ending?

After you read any book, ask specific questions about the details. For example, in *Moozie's Kind Adventure*, ask what kinds of animals were in the story; how many ducks; what were the ducks doing; how did Moozie® save the ducks.



### Take Home Note

Included in your starter pack is a master for reproducing a take home note about *listening* that explains three fun family activities that support the student's listening skill development.



### Notes



Moozie's® Kindness Message: *Learning new things is being kind to yourself.*

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# Kind Words

## Learning Goal

Improve self-esteem and help develop friendships.

## Developmental Skills:

- ◇ Listening
- ◇ Building self-esteem
- ◇ Gross motor
- ◇ Understands and follows directions
- ◇ Cooperation with others

## Supplies:

- ◇ Moozie puppet™



Kindness  
Activities

Speak Kind  
Language

Kind words make us feel good;  
Moozie says *please* and *thanks*, so we should.  
There's lots of kind words that we can say;  
*You're special, terrific and have a great day.*

Having a vocabulary of kind words is a wonderful resource for everyone. It not only helps the child to make friends, but to also feel better about themselves when they get a positive reaction by reaching out to others with kind words.

## Ways to Guide the Children

- ♥ Be a good model by saying kind words to the children and other adults. Be generous with praise when it is deserved. Children know when you are genuine.
- ♥ Seek out opportunities to emphasize kind language to the children every day. Keep them aware and alert to words that are kind and ways to be kind.



## Game: Simon Says/Moozie. Says



In the game *Simon Says*, if the leader says, *Simon says, stand up*, the children stand up. But if the leader only says *stand up*, without the *Simon says* part, then the children should not stand up!



In this variation of the game, the leader holds the Moozie puppet™ and instead of *Simon says*, the leader states, *Moozie says, sit down please*, etc. If the leader says, *Moozie says, sit down please*, the children sit down. If there is no *please*, the children should not do it! What a great way to get children into the habit of being polite!



In this game, mix some of the usual requests such as *Moozie says touch your toes, please* with *Moozie says say a kind word, please* OR *Moozie says smile, please* OR *Moozie says show kindness to someone, please* (which would be a pat on the back, hug, etc.).



Of course, if the leader does not say *please* and the child does the requested action, that child is out of the game. This rule does not need to be enforced with three-year-olds; just learning to listen and follow directions is more important now than following all the rules.



In the beginning, the leader may need assistance from the teacher.







## Speaking Kind Language

### Game: "What Moozie. Says"



Children sit in a circle. Read the above rhyme to the children at least twice. Select one child to have the Moozie® puppet™; explain that all of them will have a turn.



This child stands, holds the puppet and goes to another child and asks, *What is a kind word that Moozie® says?* When that child responds properly, he/she receives the Moozie® puppet™ and goes to another child and asks the same question.



The game continues until everyone has had an opportunity. Some of them will use the same word. Everyone loves holding Moozie®!



Some words to use: Please! Thank you! You're special! Terrific! Super! Great! Wow! How nice! I'm sorry. You're welcome! The children will think of others.



After the game, engage the children in a conversation about how they feel when someone says kind words to them. How do they feel when they say kind words to someone else?

### "What to Say When" Discussion

In a group setting, ask the following questions:

- ♥ What would you say when someone gives you something?
- ♥ *What would you say when someone draws you a colorful picture?*
- ♥ What would you say when someone lets you go first?
- ♥ *What would you say when someone holds the door open for you?*
- ♥ What would you say when you want to play with a toy your friend is using?



As the children give their answers ask: What is the kind thing Moozie® would say or do? *What is the unkind thing to say or do?* How will each of these make you feel?

# Moozie® loves children!



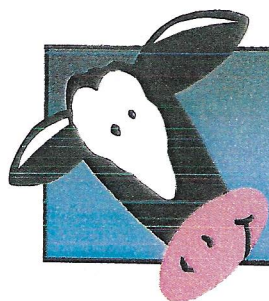
### Take Home Note

Included in your starter pack is a master for reproducing a take home note about the *kind words* the students are learning to use. The note is designed to encourage parents/caregivers to ask their child about the kind words they have learned.



Moozie's® Kindness Message: *Saying kind words is being kind to others.*





## Taking Turns

### Learning Goal

Understand taking turns.

### Developmental Skills:

- ◇ Building self-esteem
- ◇ Gross motor
- ◇ Fine motor
- ◇ Understands and follows directions

### Supplies:

- ◇ Blocks
- ◇ Ball



Moozie likes to teach us  
To share and take turns;  
To get along with others  
It's a lesson we must learn

At circle or group time, read the rhyme and talk about taking turns with other children being a way to share and make friends. Ask different children, "How do you feel when it is your turn? How do you feel when it is someone else's turn? How does it feel to let others go first?"

### Ways to Guide the Children

- ♥ Keep turn-taking games short at first.
- ♥ When playing turn-taking games, be sure each child has a chance to go first.
- ♥ Model appropriate language by saying "your turn" and "my turn".
- ♥ Praise the children when you observe them taking turns.
- ♥ It will be difficult for some children, especially three-year-olds to take turns. It will be easier for children who have siblings at home.

## Game: Build a Block Tower



Begin with two children in the block area; you can add a third child after they become more skilled at the process.



Tell the children they are going to build a tower (or any shape) together by taking turns. Each child gets a turn to place a block until the project is finished.



Ask them to give their project a name.



Then help the children identify and verbalize their feelings by asking each child the following questions:

- How do you like your tower?
- How do you feel about working together?
- Were you glad when it was your turn?
- How did it feel to wait on the other person?
- What else could you do together?







## Taking Turns

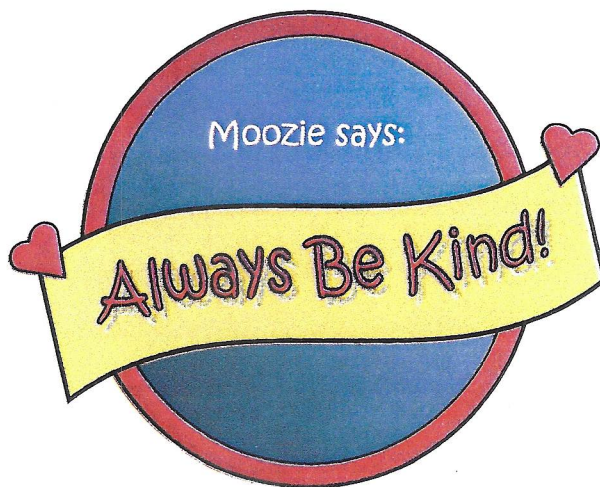
### Game: Circle Ball



Children sit in a circle (indoors or outdoors) and roll the ball back and forth to each other. When the first child rolls the ball to the second child, call out that child's name and say, *It's Ashton's turn*, etc. Encourage the children to also call out the name of the child who is receiving the ball.



Continue until everyone has had a turn.



### Game: Duck, Goose



Children sit in a circle with their hands on their knees.



One child, who has been chosen to be *it*, walks around the circle, tapping each child gently on the head and saying, *duck, duck, duck* until he touches a child and says *goose*.



*Goose* chases *It* around the outside of the circle. *It* tries to get back to the place *Goose* left before being caught. *Goose* becomes *it* for the next game.



If *It* is caught, he/she goes into the center of the circle until another *It* is caught; then he/she is released.



Be careful that *Goose* tags *It* rather than grabbing the child. Make sure everyone has a turn!



Moozie's® Kindness Message:  
Sharing and taking turns is being kind to others.



## Learning Goal

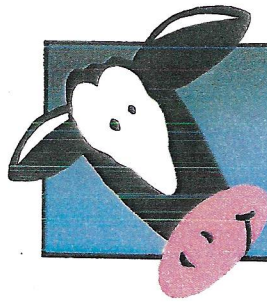
Improve self-esteem through compassion.

## Developmental Skills:

- ◇ Caring about others
- ◇ Sharing with someone I do not know
- ◇ Fine motor
- ◇ Understands and follows directions
- ◇ Beginning writing

## Supplies:

- ◇ Get well card master
- ◇ Crayons/ markers
- ◇ Card for each child



Kindness  
Activities

## Caring for Others

Like Moozie, kindness we can show  
Even to children we do not know.  
A card or a hug we can share;  
Let someone know we really care!

## Ways to Guide the Children

- ♥ Talk with the children about being sick and ask if they have known someone who has been in a hospital.
- ♥ Ask the children how they think that person felt. Would they be glad to know that someone cares about them? How do you feel when others share with you?
- ♥ Explain to the children that Moozie goes to the hospital to visit and she will deliver a card from them to another child.
- ♥ Being considerate of others is the beginning of learning to share.

Who of us does not love receiving *Get Well Cards* or *Birthday Cards* or cards for just no reason at all! This kindness exercise is a wonderful way for children to perform a random act of kindness. Not only is it a way of showing kindness to someone they don't even know, it is also a great way to create a "gift" to give to another child.

I  
Care!

## Making A Get Well Card

### Customizing the Card

Give each child a paper with the preprinted card on one side. Explain to the children that these cards will be given to children who are sick in the hospital.







Ask each child to draw a colorful picture on the blank side of the paper. Explain that when the hospitalized child receives their card, the drawing will be a wonderful surprise inside the card! The hospitalized child can display the drawing to help brighten their hospital room.

Ask the child if they would like you to help them print a message by their drawing.

In the *Thinking of you and hoping you feel better soon* section, each child can print the information, or they may need help from an adult. Give the first name only, and then fill in the remaining blanks. Do not print a return address on the card.



## Caring for Others

Folding and Mailing the Card	Moozie. Card Delivery
 <p>After the child has drawn their picture on the blank side of the paper, and the preprinted side has been completed, lay the paper flat with the printed side down (your original artwork side up) in the landscape position.</p>	 <p>Moozie. will make sure your card is delivered to a child in an area children's hospital. The child receiving the card will appreciate the cheerful personal picture created just for them.</p>
 <p>Fold the top (side) of paper down to the edge of the paper at the bottom and crease at the top.</p>	
 <p>Then fold the left hand side to the right edge and crease. Tape the left side of the card closed.</p>	 <p>Can't you just see the smile on that child's face when they receive a card with a special drawing on it from someone they don't even know? What special people you are to take the time to make someone feel so good without expecting anything in return! You are so <i>KIND</i>!</p>
 <p>Attach stamp and mail to Moozie. Or you may put all the cards in a large envelope and mail to Moozie. at the address on the card.</p>	



## Notes



Moozie's® Kindness Message: *Be kind to others.*



## Learning Goal

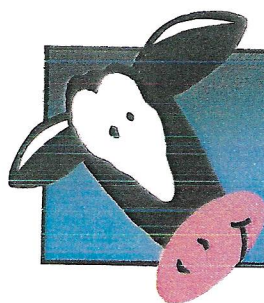
Understand any small act of kindness is recognized.

## Developmental Skills:

- ◇ Building self-esteem
- ◇ Understands and follows directions
- ◇ Cooperation with others

## Supplies:

- ◇ Moozie® Kindness Award Certificate



Kindness  
Activities

Moozie® Kindness  
Awards

Moozie® says: With my ears I like to listen;  
With my lips I speak so kind;  
I like to take turns and share;  
With my friends I'll always be fair!

## Ways to Guide the Children

- ♥ Explain to the children that Moozie® has been helping us learn ways to be kind.
- ♥ When someone is kind we should recognize them and say thank you. Today is the opportunity for each child to be recognized by the teacher.

## Preparing the Award Certificates

Giving each child a Moozie® Kindness Award certificate is an acknowledgement of their accomplishments in demonstrating kindness. You can turn this special occasion into a ceremony or just have a simple presentation.

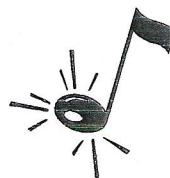
On the certificate, the teacher will need to fill in the name of the child and the date. Two lines are provided on which the teacher can sign the certificate and print the name of the school; or have an additional person sign the certificate.

Moozie® thanks you  
for being so kind!!

## Presentation of Kindness Awards

Read the above rhyme to the children and then say one line at a time and ask them to repeat each line. Talk with them about what this means.

Sing this Moozie® song. Teachers can hear tune at Moozie.com:



### *I Will Spread My Kindness*

I will spread my kindness now  
With my hands, with my mouth.  
I will spread my kindness now  
To each and everyone.

Let the children tell something they did kind at school or at home.

Ask the children some of the kind words they have learned from Moozie®.

When actually giving the certificate to the child, call one child at a time to the front of the group to receive their award. When presenting the certificate to the child, make a kind statement.





# In the Early Years YOU Can Influence a Lifetime

## Quotes from teachers who have used Moozie in the classroom:

"Stewart told his mommy that Moozie is always somewhere in our center making sure that children are kind to each other."

"Your activities work! We had a bully in our class but after meeting Moozie and participating in the activities his behavior has totally changed. He no longer bullies the other children."

"Since Moozie came, we are happy to report that there is more sharing of toys, letting others go first and students helping other students."

"A number of parents have commented about how their child talked about kindness a lot at home."

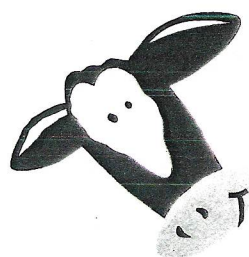
An abundance of research is readily available to substantiate the importance of these early years because of the attachments and relationships formed and the behaviors and habits learned; all these have a lasting effect on success in school and life. All of these experiences contribute to "brain wiring" which actually determines the way their brains work and grow.

The more developmentally-appropriate sensory stimulation that a young child is exposed to, the more brain connections are made and the smarter the brain. How a child interacts with his environment is especially important during this critical time of brain development. Since healthy social and emotional development is critical to proper brain development; Moozie's activities are based on this research.

Moozie takes a preventive approach to resolving conflicts by teaching children positive, attainable ways to relate to one another based on their stage of development. Moozie's Starter Kit uses songs, rhymes, stories, games and other activities to give each child opportunities to successfully relate to others while learning kind habits of sharing, taking turns, listening, following directions, etc.

Activities in each collection are designed to fit into your existing curriculum. How-to details are given so that you may use a volunteer to direct the activity. As with teaching other principles at this age, repetition is very important and you are encouraged to repeat the activities as they fit into your lesson plans.

In **Moozie's 101 Activities for Social/Emotional Development** you can find many more activities just like these. The children have fun and learn while the teachers and parents observe behavioral changes that influence a lifetime.



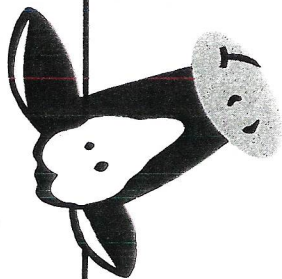
Visit [Moozie.com](http://Moozie.com)





# Learning to Listen Can Be Fun!

Developing Listening Skills Is Important



You can help your child learn the basic skill of identifying a variety of sounds.

Listening/recall is key to putting together letter sounds to build words that help your child develop speaking and reading skills.

## FUN THINGS TO DO WITH YOUR CHILD...

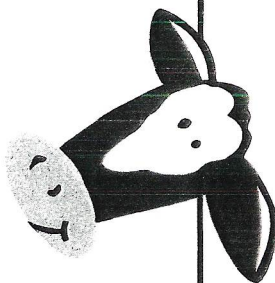
Take a family walk and have your child listen and identify the sounds he/she hears.

**Animal Sounds:** Have your child moo like Moozie does. Then ask your child to make the sounds of other animals, and you guess the name of the animal. Reverse the process: you make the animal sound and have your child tell you the name of the animal.

Find items around your home to use for making sounds. Examples: bell, spoons to tap together, lid to put on cooking pan, toy. Show your child the selected items. Have your child stand or sit where she/he cannot see the items. Use only one item at a time to make a sound. After making the sound, have your child tell you which item made the sound.

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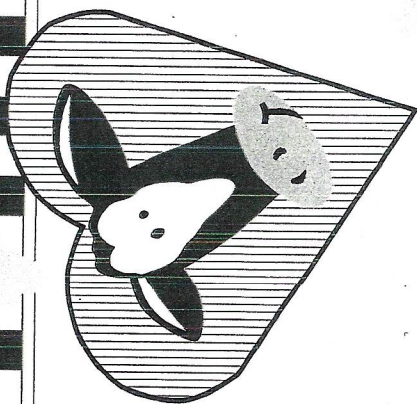
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Take a family walk and have your child listen and identify the sounds he/she hears.







## Children Love to Learn

# Moozie Rhymes

Kind words make us feel good;

Moozie says *please* and *thanks*, so we should.

There's lots of kind words that we can say;

*You're special, terrific and have a great day.*

Like Moozie, kindness we can show

Even to children we do not know.

A card or a hug we can share;

Let someone know we really care!

*Moozie® says:*

Learning to listen is fun to do;

When I'm listening, I cannot talk to you.

I sit in my chair and I am quiet, too;

Listening teaches me things, so I know what to do.

Moozie likes to teach us


To share and take turns;

To get along with others

It's a lesson we must learn







XO

Good job!

Try your best to  
**Always be kind.**

You're welcome!

Terrific!

Let's be friends.

Wow!

Super!

I'm sorry.

How nice!

Great!

## Learning to Use Kind Words

Read this rhyme to your child:

Kind words make us feel good;  
Moozie. says *please* and *thanks*, so we should.  
There's lots of kind words that we can say;  
*You're special, terrific and have a great day!*

Have your child tell you some of the kind words she/he has learned.

Love you!


You're special!

Please.

Way to go!

Thank you!

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XO

Good job!

Try your best to  
**Always be kind.**

You're welcome!

Terrific!

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Have your child tell you some of the kind words she/he has learned.

Love you!

You're special!

Please.

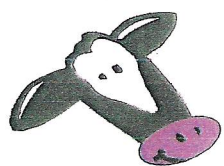
Way to go!

Thank you!

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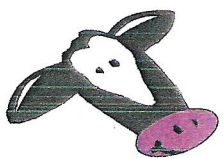




I was kind today.

m00zie  
-TEACHES KINDNESS-

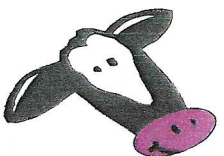
I was kind today.



I was kind today.

m00zie  
TEACHES KINDNESS

I was kind today.



I was kind today.

m00zie  
-TEACHES KINDNESS-

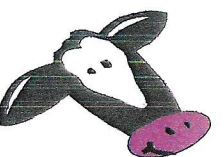
I was kind today.



I was kind today.

m00zie  
TEACHES KINDNESS

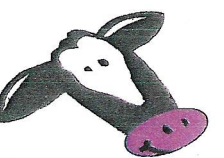
I was kind today.



I was kind today.

m00zie  
-TEACHES KINDNESS-

I was kind today.



I was kind today.

m00zie  
TEACHES KINDNESS

I was kind today.







## KINDNESS TICKET

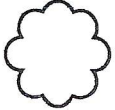
NAME \_\_\_\_\_



Lending a Helping  
Hand



Sharing With  
Others



Helping Your  
Classmate



Using Nice Words

SIGNED \_\_\_\_\_



## KINDNESS TICKET

NAME \_\_\_\_\_



Lending a Helping  
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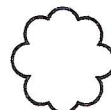
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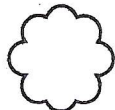
Using Nice Words

SIGNED \_\_\_\_\_



## KINDNESS TICKET

NAME \_\_\_\_\_



Lending a Helping  
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Using Nice Words

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Using Nice Words

SIGNED \_\_\_\_\_



## KINDNESS TICKET

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Helping Your  
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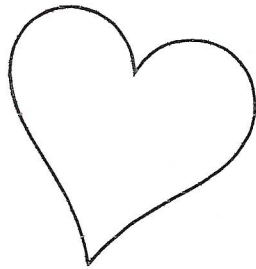


Using Nice Words

SIGNED \_\_\_\_\_





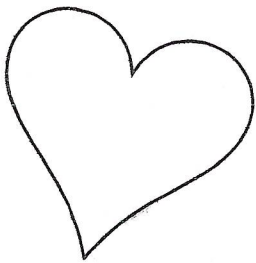
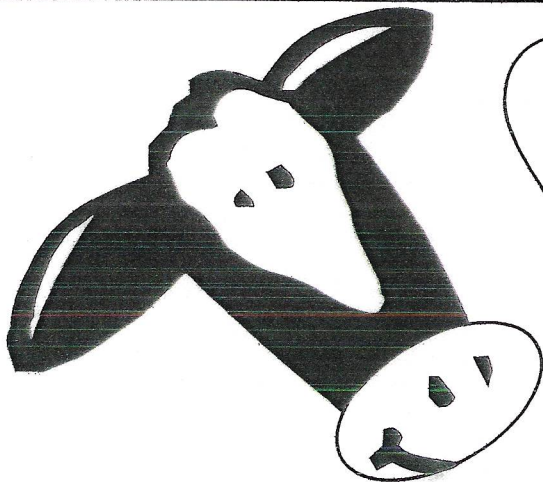


**mOoZie**  
- TEACHES KINDNESS -

to Self  
to Others  
to Animals  
to Earth

---

## Kindness Chart

**mOoZie**  
- TEACHES KINDNESS -

to Self  
to Others  
to Animals  
to Earth

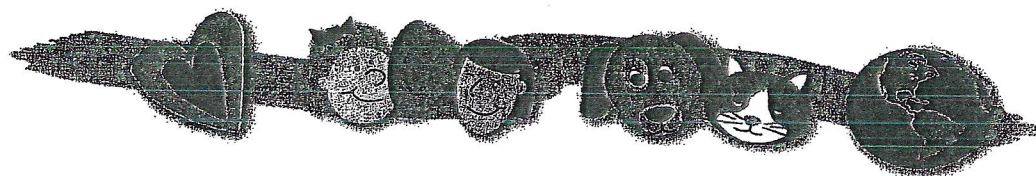
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## Kindness Chart






# Overview



## Acts of Kindness—Social Skills

This list is provided as “thought starters” for you and as a resource for assisting the children in developing their awareness of kindness within the collections’ activities.



- Take care of your body
- Eat good foods
- Listen carefully when your parents or an adult is teaching you.
- Pay attention in school.
- Get exercise by playing
- Get a good night’s sleep
- Learn new things
- Brush your teeth



- Smile
- Share
- Take turns
- Hug a friend
- Pay attention in school
- Help someone
- Use kind words
- Be helpful
- Follow directions
- Help clean up
- Be nice to friends
- Share your toys
- Say nice, kind words—*not hurtful words*—to your friends and family
- Use good manners
- Use kind words to tell someone how you feel
- Obey your parents and teachers
- Hold the door open for someone



- Take your pet for a walk
- Give your pet a drink
- Feed your pet
- Spend time playing with your pet
- Speak nicely to animals



- Help clean up litter
- Put trash in the trashcan—*not on the ground*—be litter-free
- Pick up after yourself
- Plant trees and flowers
- Water flowers when they are thirsty





## Overview—Continued

### Basic Social Vocabulary

- |                   |                              |
|-------------------|------------------------------|
| —Please           | —You may go first            |
| —Thank you        | —Can I Help                  |
| —Excuse me        | —You are kind                |
| —Let's take turns | —That was a kind thing to do |

### Words and Phrases to Praise an Act of Kindness

- |                         |                                      |
|-------------------------|--------------------------------------|
| —Way to go              | —Hip, hip, hooray                    |
| —Super                  | —Magnificent                         |
| —You're special         | —Marvelous                           |
| —Great                  | —Terrific                            |
| —Good                   | —You're terrific                     |
| —Well done              | —That was a very kind<br>thing to do |
| —I knew you could do it | —You're a kind person                |
| —Way to go              | —What an imagination                 |
| —You're incredible      | —What a good listener                |
| —How nice               | —Outstanding                         |
| —Good job               | —You're a good friend                |
| —You're beautiful       | —You brighten my day                 |
| —You're a winner        | —You're a joy                        |
| —Spectacular            | —You're wonderful                    |
| —Great discovery        | —You're the best                     |
| —Fantastic job          |                                      |

