If You Plant A Seed

-A Kindness Activity-

Part One: Listening

Follow this link: <https://www.youtube.com/watch?v=uVPD0V2gEeo>

Listen to the short story: If You Plant a Seed

Think: How is planting kindness like planting a seed in the ground? If you plant a seed of kindness, what could it grow into?

Part Two: Writing

Write about a time someone showed kindness to you. What did they do? How did it make you feel? You can write your thoughts on paper or type them on your computer.

Part Three: Reading & Performing

Read the poem below, called ***I Know a Little Secret.*** Practice reading it to yourself once or twice. Remember to read at a slow pace and use a strong, clear voice. Then, **perform** it for your family members. You can come up with **actions** to match the words.

**\*\*Bonus Activity\*\*** See if you can memorize it!

**I Know a Little Secret**

By Theresa Gaughan



I know a little secret

I’ve known it for awhile

If you plant a seed of kindness

You’ll grow a little smile.

The seed that you have planted

 Will spread across the land

And everyone who sees it

Will end up feeling grand.

They’ll want to sow some kindness

They’ll choose kind words or deeds

And someone else will smile

They’ll plant more kindness seeds.

When everyone sows kindness

More smiles will be found

And soon we’ll have a garden

With kindness all around.

Everyone needs kindness

I’m here to tell you so.

Just plant some seeds of kindness

And you’ll see smiles grow.

Part Four: Creating!

Now that you know how important it is to spread kindness (and what you can grow when you plant it), it is time for you to start your own planting!

Your task: Create your own kindness pot! If you have a pot at home that looks like this:

You can go ahead and decorate it using paints, markers, crayons, stickers or other materials you can find.

BUT! If you don’t have a pot at home. You can use something that looks like any of these:





Use any materials you can find to design your kindness pot. Then, fill it up with kind notes, pictures, messages, recorded actions, of kindness activities you do for your family around the house. See how many smiles you can grow!

You can print these templates included to record your kindness actions and put them in your kindness pot (or just write them on a piece of paper) 😊

Now go and sow some seeds!!



planted a seed of kindness and grew someone’s smile by:

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