

# KINDNESS POEMS


## Celebrating Kindness



**CONNECT** with someone who needs a little extra dose of kindness. Acts of kindness can be simple. Sometimes writing a note or poem and sharing it with others can improve our own sense of happiness, joy, and self-worth. And it's a great way to connect with others! To plan your Kindness Poem, think of a shared memory, a story about this person, some of their wishes or dreams, or something that is special to them.



**CREATE** an illustrated Kindness Poem using the Colors of Kindness™ crayons and phrases. Be inspired by some of these uplifting names that are suited to the special person who will receive this poem. Does that shared memory remind you of *Always Brave* or *Spread Your Wings*? Did you connect during a *Heart to Heart* or *A Slice of Nice*? Or is your main message and poem title *Lucky to Know You*? Poems often use words to paint pictures. Those words do not have to rhyme, but they can if you want them to. Illustrate your poem by sketching images and symbols that support your words. Think about what makes that person special and use this gift of kindness to help others *Rise Above*.



**GO WITH THE** *Heart to heart* **PEACE** *A slice of nice*  
*flow* *of MIND*

**HELLO** *Kind to the core*  
**SUNSHINE** *Always brave*  
*A warm hug*

**WARM & FUZZY** *Breathe deep*  
**SPREAD YOUR WINGS** *Spread your wings*  
**SPRING** *Full of ACTION*

*Sky's the limit* *Rise above* **BEST BUDDIES** *Nurture nature*



Isabella S.



**PRESENT** your poem to the special person. You could make an envelope by folding colourful paper or a piece of artwork that you have drawn. Or you could roll the poem into a scroll and tie it with a ribbon. Put the person's name on the envelope or scroll. Plan a time to present the Kindness Poem in person or deliver it digitally by taking a photo and emailing or texting it. Or you could mail it or leave it as a surprise outside or slipped under their door.



**RESPOND** to kindness with kindness. The person you gave the poem to may respond by writing a thank-you note. Or recipients of your poems may express their appreciation in other kind ways such as with smiles or photos of the poems displayed in their homes. Handwritten poems and original art are treasures that will brighten people's day!