

# CONNIE'S KINDNESS CHALLENGE

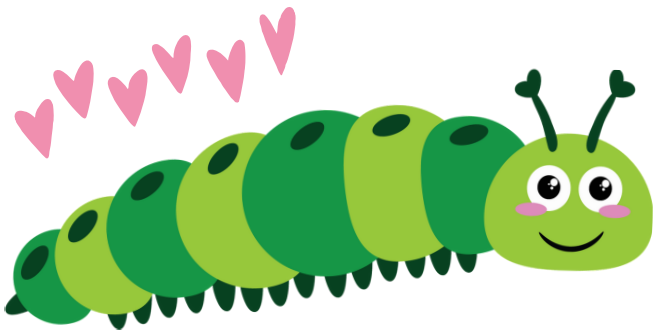
Help Connie the Caterpillar  
to be kind.

Become even kinder yourself.



Department  
for Education





Hello! I'm Connie the Caterpillar.

This activity pack has been developed by children's coach and author Jo Bivens for Get Suffolk Reading and funded by the Suffolk Holiday Activity and Food Programme which has been funded by the Department of Education.

Get Suffolk Reading inspires families across the county to read together, and helps parents support their children's literacy skills

The activities in this Kindness Challenge aim to connect the children with the character of Connie the Caterpillar. By helping her develop kindness skills, they explore what kindness is and the different ways they can demonstrate kindness. There are 10 challenges in total.

There are opportunities to read aloud, write, discuss, create and show kindness practically. We hope that this encourages the children to connect with characters in the future and be inspired to be even kinder to themselves and others.



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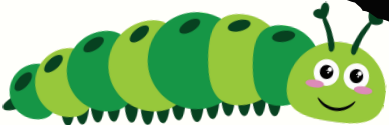
[www.thechildrenscoach.com](http://www.thechildrenscoach.com)

Oh dear!

Connie the Caterpillar is feeling sad. She wants to be a kind caterpillar but just doesn't know how.



Can you tell Connie what kindness is?



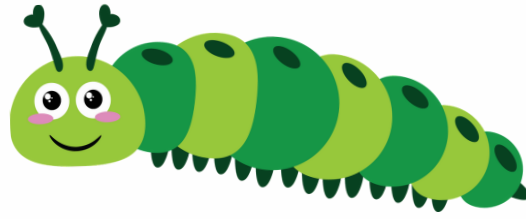
OK, but **WHY** is it important to be kind?



Can you answer Connie's question?

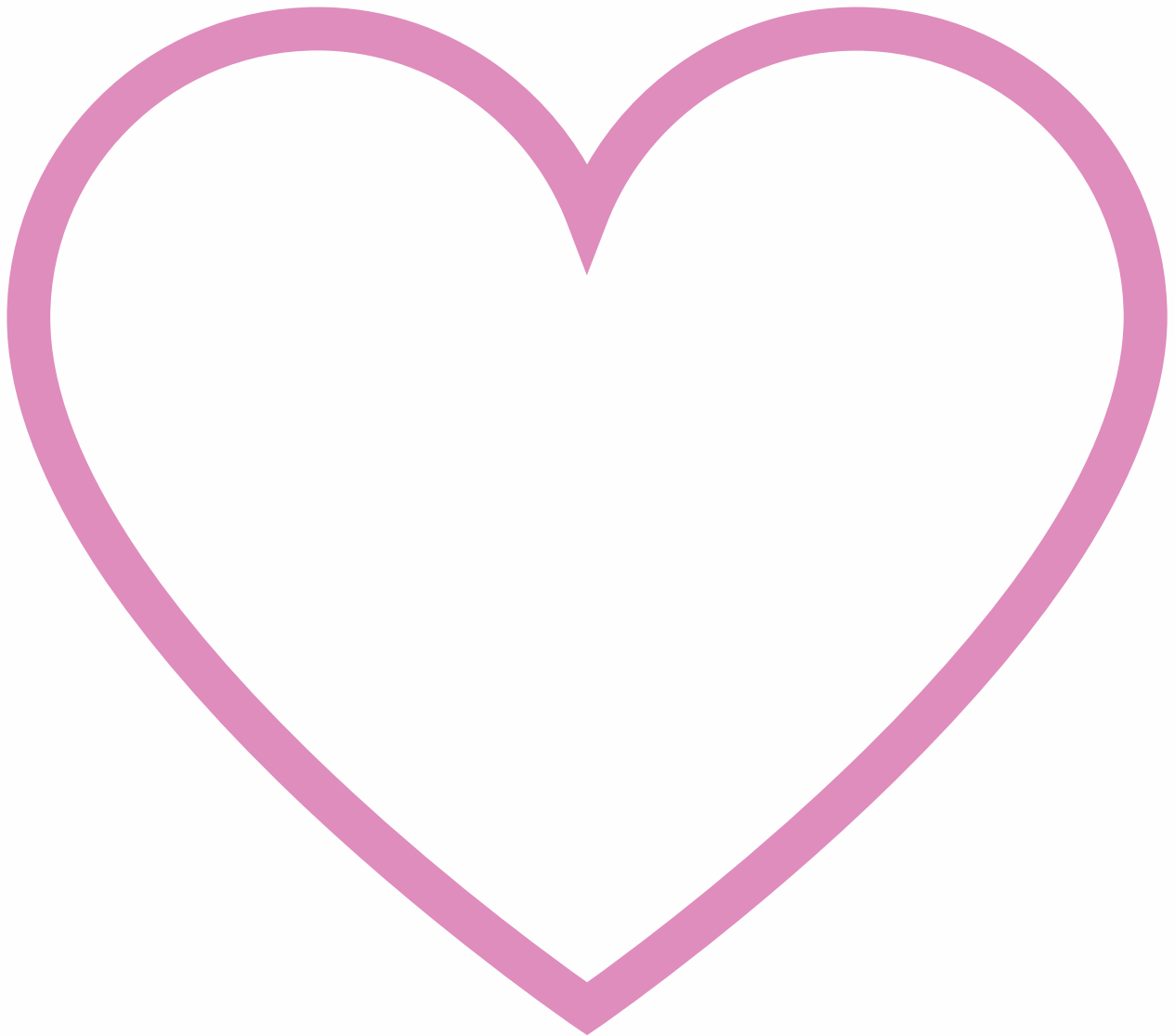
There's so much to learn! Can you help me?

Kind is the new COOL!



Poor Connie, she's feeling rather stressed! Let's show her how easy it is to be kind.

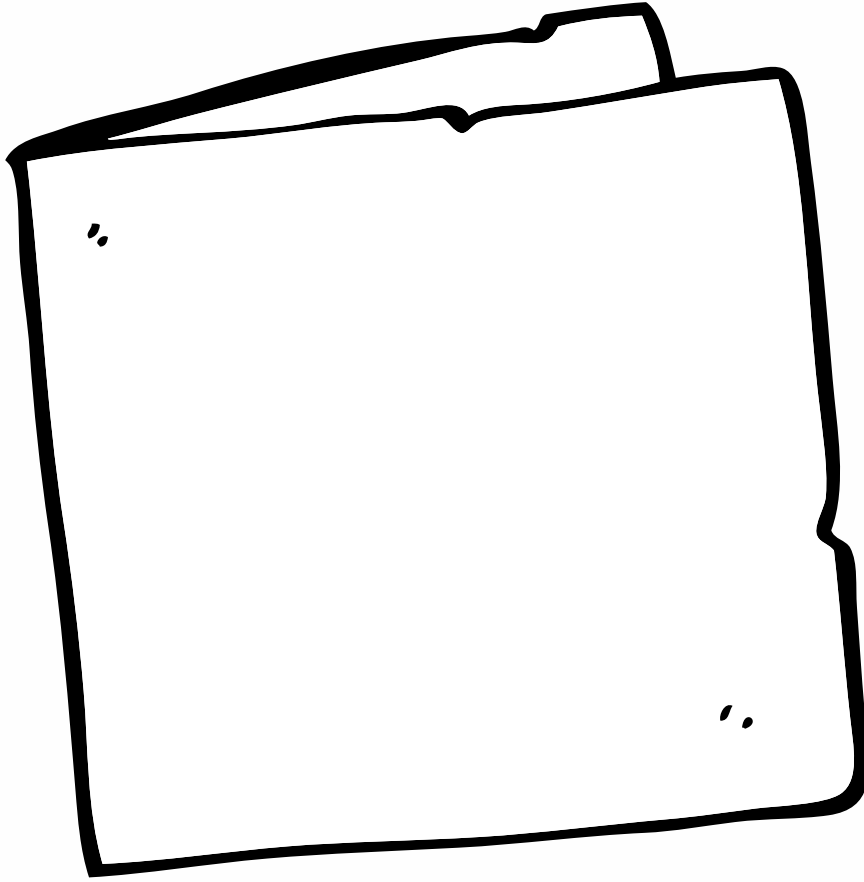
Share with Connie small ways that you can be kind every day and make someone else feel good!



Let's do a **KINDNESS CHALLENGE** with Connie to help her practice being kind! There are 10 challenges!

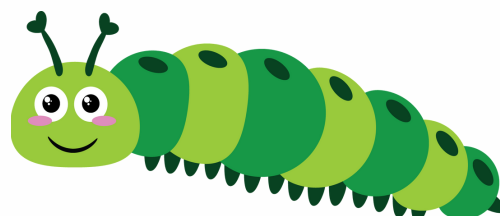
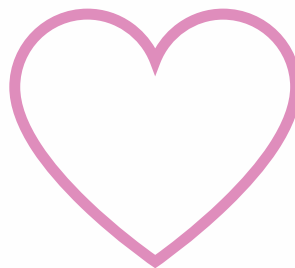
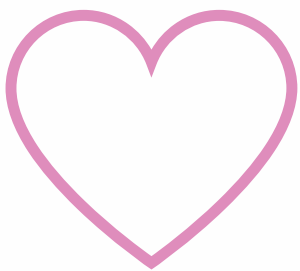
## Challenge 1. Be kind by being **THANKFUL**

If someone is kind to you it's always lovely to send them a thank you. Write a thank you message for someone that has been kind to you.



## Challenge 2. Be kind by using **KIND WORDS**

Let's give Connie some ideas of kind words that she can use.

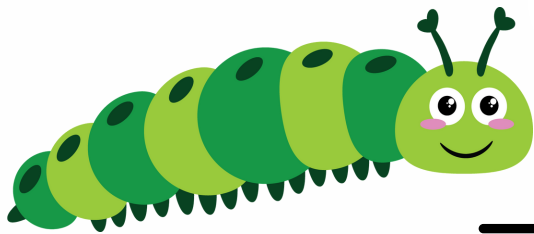


# Challenge 3. Be kind by using COMPLIMENTS

Giving someone a compliment is a WONDERFUL gift! Let's show Connie how to compliment people.

Give a compliment to someone else about their OUTSIDE (their appearance).

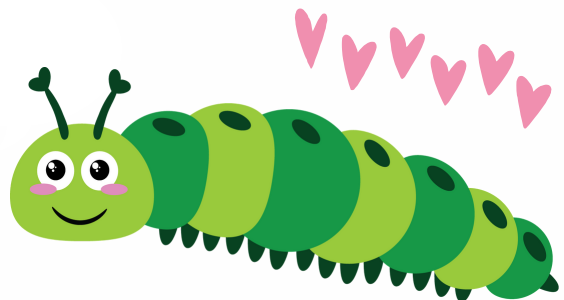
Now let's give a compliment about someone's INSIDE (their personality). Think about what makes this person special. Are they kind or fun? What other ideas do you have?



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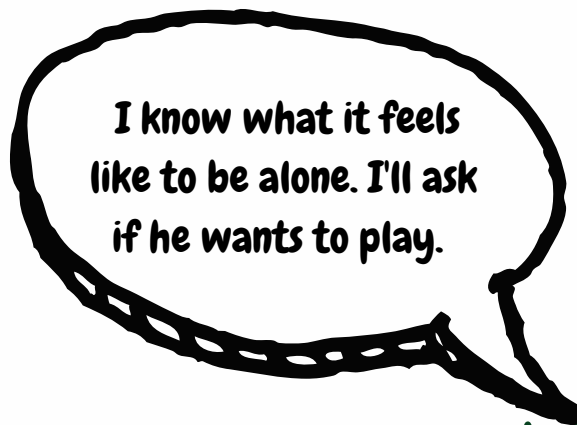


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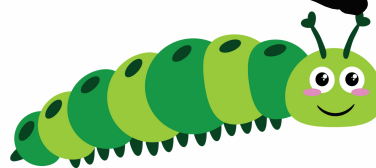
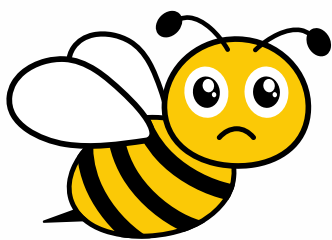
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# Challenge 5. Be kind to your FRIENDS



I know what it feels like to be alone. I'll ask if he wants to play.



Ah well done Connie! How kind!

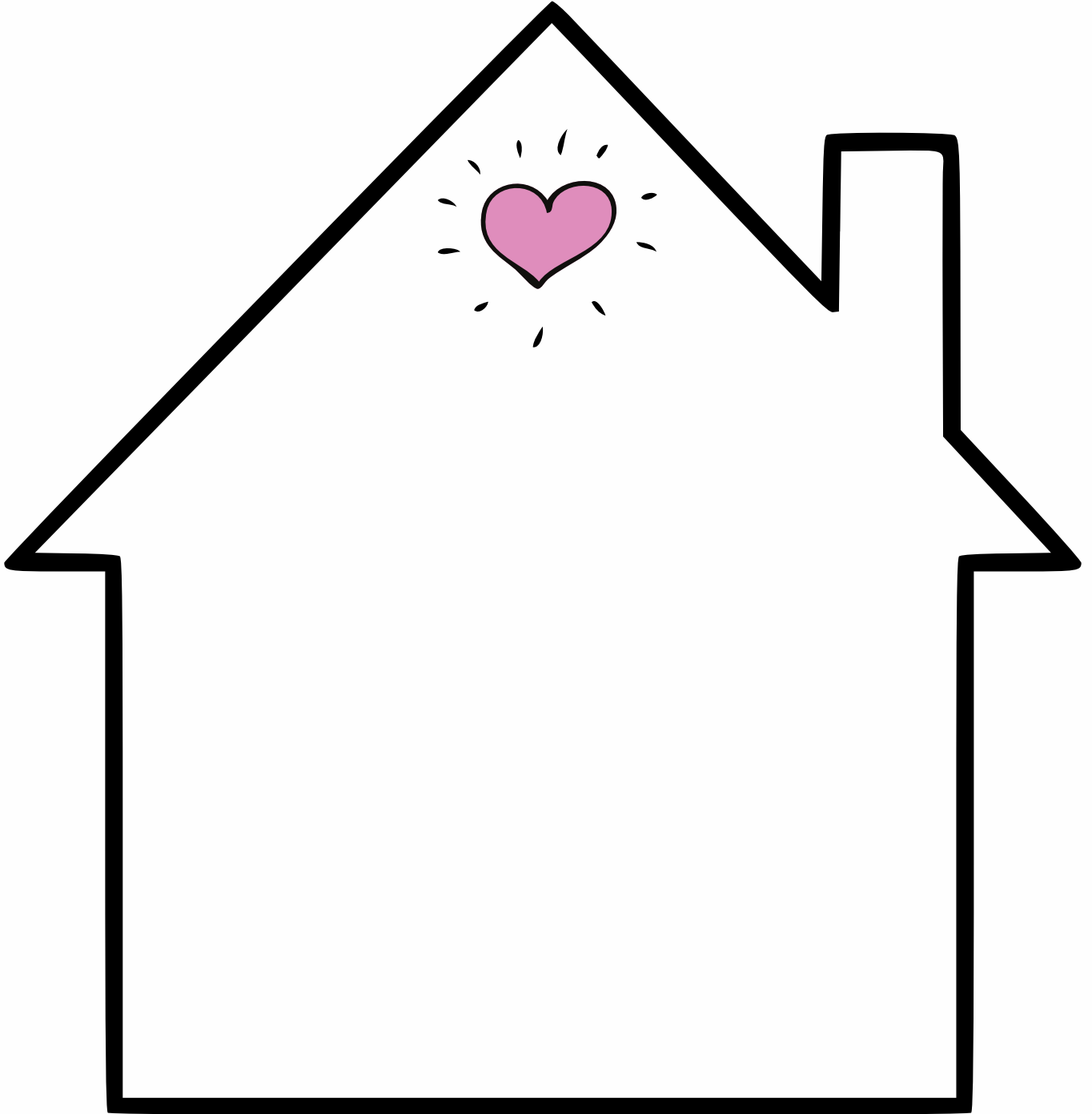
What other ways can Connie be kind to her friends?  
Draw or write your ideas in the hearts below.



Can you be kind to a friend right now?

## Challenge 6. Be kind to your FAMILY

How can Connie be kind to people at home?  
Write or draw your ideas in the house.



**Spread the kindness!**

**You could draw a picture or write a note today to give to someone at home. That would be such a kind thing to do!**

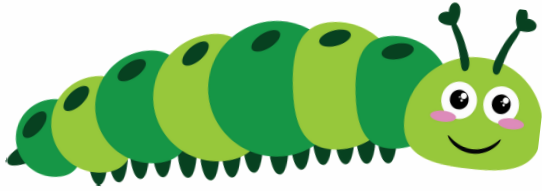


# Challenge 7. Be kind to your SCHOOL

Let's help Connie make her school a kinder place. Design a poster that she can put up in her school to encourage everyone to be kind to each other.



## Challenge 8. Be kind to your ENVIRONMENT



How else can Connie be kind to the environment? Write or draw your ideas around the earth. Share ideas with your friends!

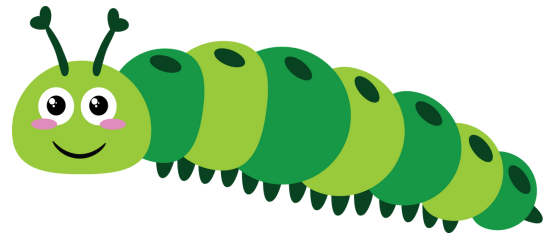


**Can you be kind to the environment today?**

## Challenge 8. Be kind to your BODY

What are the different ways you can be kind to your body?

Can you make up an exercise routine for me so that I can have fun moving?



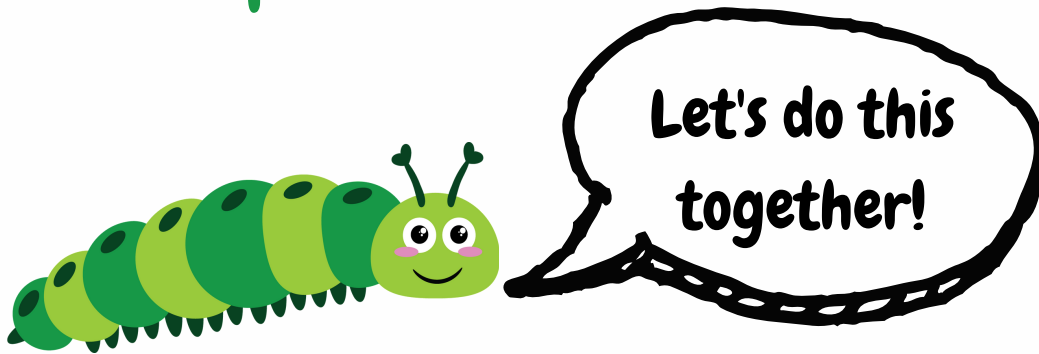
## Challenge 9. Be kind to your MIND

Make sure you make time to relax your mind and reading is great for this. You could try this word search too.

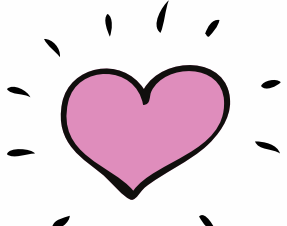
l a u y y c q e g x i h s g t  
p k w t w o f l i r m c y o e  
s a i e i m y y x n h c g b e  
m a r n n p n t h o n e i s s  
d a e o d l b n o j t o i e s  
c a t a n i p l e h w c c n e  
j l o u o m b j e s r f k v n  
t g w i n e f r i e n d s i i  
s s e n d n i k x q c v d r p  
y g d w a t b e k j g s d o p  
u l g g b s u r a v h s s n a  
r q i m p y b a i r b q o m h  
i t s m o q g h p r d f w e k

care, environment, friends, kind, share, compliments, exercise, happiness. kindness, together, Connie, family, help, school.

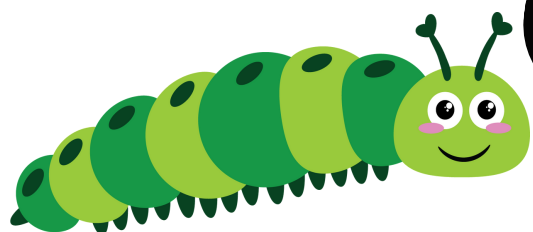
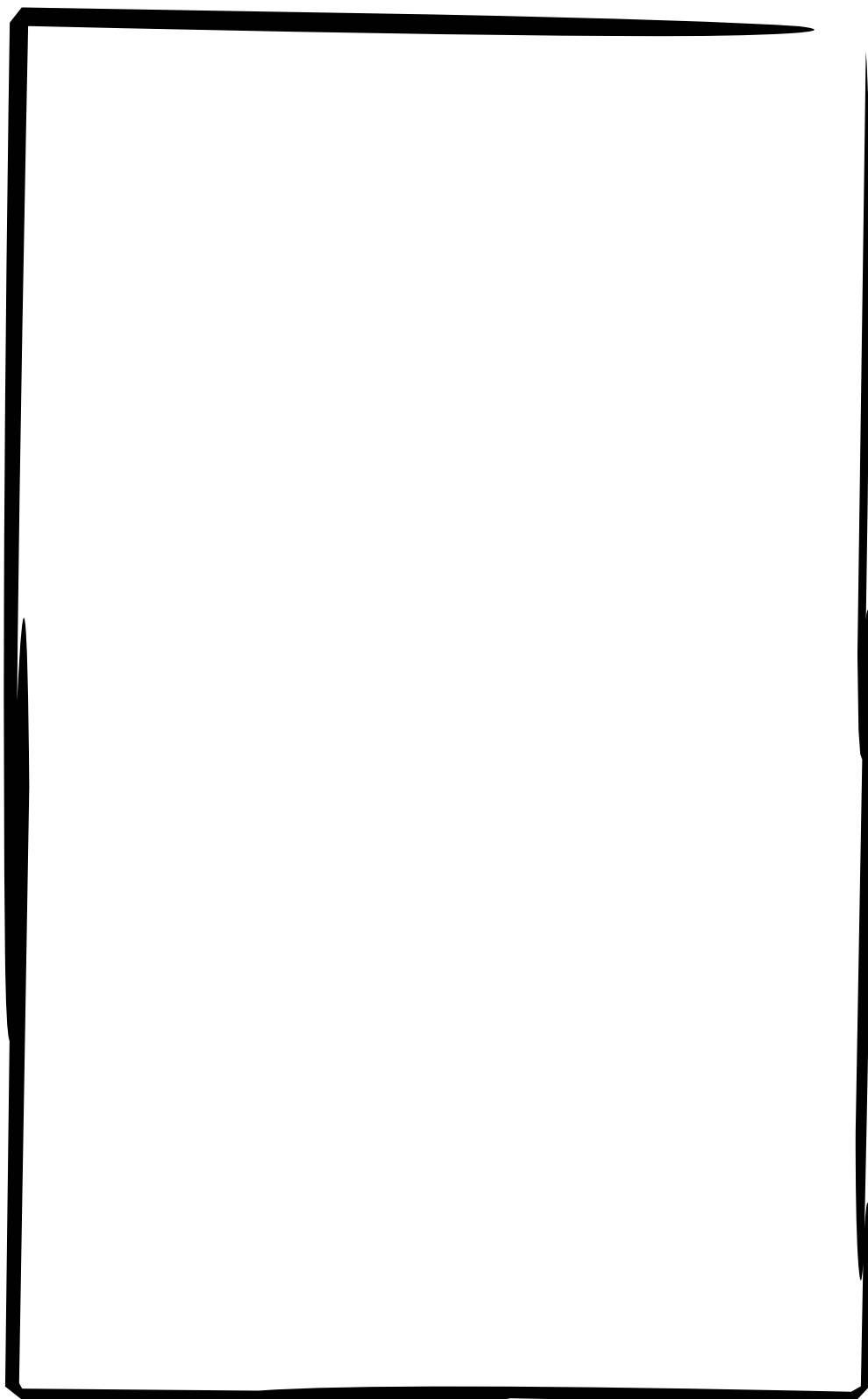
# Challenge 10. Connie the Caterpillar kindness quiz



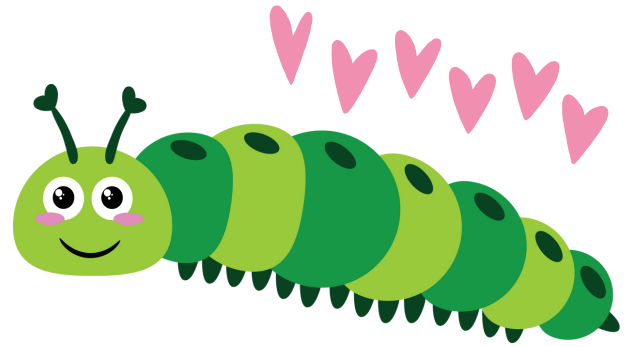
1. What is kindness?
2. How can you show kindness to your friends?
3. How can you show kindness to your teachers?
4. How can you show kindness to your family?
5. How can you show kindness to the environment?
6. Why is it important to be kind?

**WELL DONE! YOU ARE SO KIND!**   
**KEEP SPREADING KINDNESS TO EVERYONE!**

Connie has done so well at being kind! Make her a special certificate to say congratulations!



Hello friend! I've  
written you a special  
thank you note!



Thank you my friend for teaching  
me about kindness. I now know  
what it means and how to show it!

I love being kind to others and  
seeing them smile. It makes me feel  
so happy.

Being kind makes me feel lovely on  
the inside and even makes me look  
extra lovely on the outside too!

You have taught me something so  
important! I will always remember  
your kindness.

Keep being kind.  
Love your special kind friend

Connie xxx

