

# 14 Days of Valentine Kindness

## Day 1: How can we say hello on purpose?

- **Main Kindness Action:** Say “hello” to 3 people today.
- **Infant/Toddler (0–2):** Caregiver helps child wave or sign “hi.”
- **Preschool (3–5):** Practice a friendly greeting + eye contact.
- **School-Age (6–12):** Greet someone new and learn their name.
- **Mixed-Age Tip:** Older kids model greetings and help littles wave.

## Day 2: How can we invite someone in?

- **Main Kindness Action:** Ask someone to play with you today.
- **Infant/Toddler (0–2):** Offer a toy to a friend (with help).
- **Preschool (3–5):** Invite a classmate to join a center.
- **School-Age (6–12):** Include someone new or sitting alone.
- **Mixed-Age Tip:** Older kids buddy up with younger kids at a center.

## Day 3: How can we give a compliment?

- **Main Kindness Action:** Give 1 kind compliment to someone.
- **Infant/Toddler (0–2):** Caregiver says: “You’re a kind friend!”
- **Preschool (3–5):** Use: “I like your \_\_\_\_.”
- **School-Age (6–12):** Give a specific compliment about effort or character.



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- **Mixed-Age Tip:** Older kids help littles choose compliments with simple choices.

#### **Day 4: How can we help clean up?**

- **Main Kindness Action:** Help clean up without being asked.
- **Infant/Toddler (0–2):** Put 3 items in a bin with support.
- **Preschool (3–5):** Tidy one area (blocks, books, art).
- **School-Age (6–12):** Lead a 5-minute “reset” team.
- **Mixed-Age Tip:** Older kids assign easy “helper jobs” to little buddies.

#### **Day 5: How can we share a turn?**

- **Main Kindness Action:** Let someone go first one time.
- **Infant/Toddler (0–2):** Take turns rolling a ball.
- **Preschool (3–5):** Use a timer for turns at a favorite toy.
- **School-Age (6–12):** Offer a turn in a game or activity.
- **Mixed-Age Tip:** Older kids run the timer and cheer for turn-taking.

#### **Day 6: How can we thank a helper?**

- **Main Kindness Action:** Say “thank you” to a helper today.
- **Infant/Toddler (0–2):** Model “thank you” word/sign together.
- **Preschool (3–5):** Make a quick thank-you drawing.
- **School-Age (6–12):** Write a short thank-you note with details.
- **Mixed-Age Tip:** Older kids help deliver notes and read them aloud.



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## **Day 7: How can we be a kindness detective?**

- **Main Kindness Action:** Notice 1 kind thing and say it.
- **Infant/Toddler (0–2):** Adult narrates: “You shared—kind!”
- **Preschool (3–5):** Share a “kindness spot” at circle time.
- **School-Age (6–12):** Write a “caught being kind” slip for someone.
- **Mixed-Age Tip:** Older kids help younger kids name what they noticed.

## **Day 8: How can we read together?**

- **Main Kindness Action:** Read a book with someone today.
- **Infant/Toddler (0–2):** Look at pictures; name faces/feelings.
- **Preschool (3–5):** Partner read with an adult or older child.
- **School-Age (6–12):** Read to a younger child (buddy reading).
- **Mixed-Age Tip:** Pair school-age readers with toddlers/preschoolers.

## **Day 9: How can we make something for someone?**

- **Main Kindness Action:** Make a card or picture for someone.
- **Infant/Toddler (0–2):** Sticker/scribble card; adult writes message.
- **Preschool (3–5):** Draw a heart + “You are my friend!”
- **School-Age (6–12):** Make a thoughtful card with a compliment inside.
- **Mixed-Age Tip:** Older kids prep stickers/shapes for little artists.

## **Day 10: How can we use kind words all day?**



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- **Main Kindness Action:** Use “please,” “thank you,” and “excuse me.”
- **Infant/Toddler (0–2):** Model and celebrate any attempt.
- **Preschool (3–5):** Role-play asking for a toy kindly.
- **School-Age (6–12):** Be a kind-words role model all day.
- **Mixed-Age Tip:** Older kids gently remind littles with a shared signal.

#### **Day 11: How can we offer help?**

- **Main Kindness Action:** Ask someone, “Can I help?”
- **Infant/Toddler (0–2):** Help carry a soft item with an adult.
- **Preschool (3–5):** Help a friend (zip, tidy, find materials).
- **School-Age (6–12):** Help set up a station or organize supplies.
- **Mixed-Age Tip:** Older kids choose a “little buddy” to help today.

#### **Day 12: How can we make room for everyone?**

- **Main Kindness Action:** Make space so everyone can join.
- **Infant/Toddler (0–2):** Practice “move over” on the rug (with help).
- **Preschool (3–5):** Add a chair/material so a friend can join.
- **School-Age (6–12):** Notice who’s left out and invite them in.
- **Mixed-Age Tip:** Older kids help set “everyone can play” rules.

#### **Day 13: How can we say something encouraging?**

- **Main Kindness Action:** Say “You can do it!” to someone.



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- **Infant/Toddler (0–2):** Adult uses encouragement during play.
- **Preschool (3–5):** Encourage a friend trying something hard.
- **School-Age (6–12):** Encourage someone frustrated; offer a strategy.
- **Mixed-Age Tip:** Older kids model calm, helpful words for younger kids.

#### **Day 14: How can we build a kindness chain?**

- **Main Kindness Action:** Add 1 kind message to a paper chain.
- **Infant/Toddler (0–2):** Add sticker/handprint strip; adult writes message.
- **Preschool (3–5):** Dictate a kind message; adult writes it.
- **School-Age (6–12):** Write a message and help link the chain.
- **Mixed-Age Tip:** Older kids help connect links and read messages aloud.

#### **What are 5 allergy-friendly, non-food Valentine celebration ideas**

- **Friendship Bracelet Station:** yarn/pipe cleaners (older kids help tie).
- **Heart Scavenger Hunt:** picture hearts for littles + clues for big kids.
- **Valentine Photo Booth:** paper hearts + “Kind Friend” sign to hold.
- **Card Swap (Sticker-Only Option):** kids decorate with stickers, no candy.
- **Kindness Dance Party:** freeze dance + “shout-out” compliments between songs.



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