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**Easy to Implement
Activities to Connect
Students to Kindness**



Introduction:

Valentine's Day is a great way to help students connect caring and kindness to giving back. Using these tools in your classroom, start a conversation with your students around how, during Valentine's Day, we give cards and candies to the people we care about. And we can use our TIME and TALENTS to help show people we care about them every day of the year!

Warm Up Activity: Valentine's Day Trivia!

Valentine's Day has been celebrated for hundreds of years, and is a great day to share with people why they are special to us. Let's kick off our activity with a few Valentine's Day trivia questions:

Q: How many years have people given Valentines?

A: Over 600, dating back to 1477!

Q: Who do you think receives the most cards on Valentine's Day?

A: Teachers!

Q: Why do people write X and O on cards?

A: It means hugs and kisses!

Q: How many pounds of chocolate are consumed each Valentine's Day?

A: About 58 million pounds!

Q: How many Valentine's Day cards do you think are given out each year?

A: An estimated 190 million cards!



Warm Up Activity: Conversation Prompts

Ask the students the following questions:

- “Raise your hand if you have ever been given something – a gift, a birthday card, a letter, etc. – from someone. How did that make you feel?”
- “What does it mean to give?” Allow time for answers. “To give means to present something to someone without expecting anything in return.”
- “Now raise your hand if you have given something to someone before.” Ask them what they gave and how it made them feel.

Ask the students how they think someone would feel if they received something from them on Valentine’s Day?

Activities

Activity 1: Reading Time

Choose one of our a book from our curated list, or choose one of your Valentine’s Day favorites, and either read aloud to your students or encourage independent reading time. After the story is finished, ask students questions about what it means to be kind to others, why it is important to show others that we care and have them think of ways they can let people in their world know that they are cared for.



**Click here to download
Book List**



Activity 4: Postcards of Kindness

Use the provided postcard templates for students to write notes to people they care about. These notes should be focused around kindness and caring! Remind students that these are notes that they will not only write and color but actually give to someone. These notecards are an easy way to have students practice writing, spelling, grammar and vocabulary in a fun way!



Click here to download Postcards

Activity 3: Fill a Cup of Kindness

How can students fill someone else's cup with kindness? Have students write a nice note to someone sharing with them all the things they love about them OR write down kind things they can do for someone. For example, they write a note to someone at home and offer to fold the laundry, clean their room and make dinner. Maybe they write a note to someone new in the school and ask them to sit with them at lunch or play at recess. Have students use the spaces on the sheet provided to think of ways they can be kind and encourage them to make their cup as colorful as they want!

Fill a Cup of Kindness!



Click here to download Cup of Kindness



Activity 4: Bookmarks

We've provided eight bookmark templates for students to color and personalize. Tell the students they can choose to keep the bookmarks they make as a daily reminder about spreading kindness, but we also hope that they choose to make a bookmark as a gift for someone else as well.



[Click here to download Bookmarks](#)

Wrap Up and Reflection

Remind the students that, depending on the activity they completed, they spent some time today thinking of others. It might have been a friend, family member, teacher at school, etc. Tell them that we spend a lot of time on Valentine's Day writing notes to others telling them that we care for them, but there are so many way (and 364 other days of the year!) that we can continue to share our appreciation and what we love for people.

Share Your Story!

How did your students respond to learning more about acts of caring and kindness? We want to know! Share your students' works of art on Facebook or Instagram. Tag us at @ottercares and use #ottercares #myprojectheart so we can celebrate your students' passion for spreading kindness to others!