



Listening Time:



29:20

**SEASON 2, EPISODE 3**

## **Cultivating Sweet Kindness**

These extension activities will help you to support children (Pre-K to Grade 3) as they share Ideas about what they can do to cultivate kindness In their community.

In this special fictional episode we learn how one small act of kindness can spread through a whole community. The story is the origin story of gummy bears in the Land of Qook-a-Lackas. But it is also about community and inclusiveness! Every single person in a community plays an important role and has the power to help others.

Before starting this lesson, you can listen to the podcast on Apple, Spotify or wherever you listen to podcasts. Learn more: [playsparkler.org/podcast](https://playsparkler.org/podcast)



### Identifying: Time, Talents & Resources

PreK-3rd Grade



#### Goals

- ♥ Cultivate compassion by observing the needs of those in our homes and communities.
- ♥ Build self esteem and independence as we consider the ways we are capable of making a difference and helping others.

#### Instructions



##### Play the Episode

If the class hasn't yet listened to the Cultivating Sweet Kindness episode, start by listening together! It's on Apple, Spotify, or where you listen. Learn more (or listen) at [playsparkler.org/podcast](https://playsparkler.org/podcast).

#### Discussion



In this episode, the characters use their **time, talents, and resources** to spread kindness. Let's talk about ways the characters in the Land of Qook-a-Lackas spread kindness — and then think about how **WE** can do the same in our families, classroom, school, and community. (Please see the list of examples from the episode on p. 3, and use the grid on p. 4 to take notes!)

**Time: As a class, brainstorm different ways to use TIME to spread kindness.**



- Our time is one of the most important things we can give!
- How do characters share their time on the podcast?
- What are some ways you can use your time to help others?

**Talents: As a class, brainstorm different ways to use TALENTS to spread kindness.**



- We can help others by sharing our talents — our skills and passions.
- How do the characters share their talents on the podcast?
- What do you enjoy doing? Are you good at sewing? Cooking? Art? Music? How can you use your talents to spread kindness?

**Resources: As a class, brainstorm different ways to use RESOURCES to spread kindness.**



- We can help others by sharing our resources — from money to clothes to food.
- How do the characters share their talents on the podcast?
- Sharing "resources" can mean donating clothes or jackets that no longer fit to families in need or donating toys. It can also mean raising money — like at a lemonade stand or bake sale — to donate to important causes. What are some ways we can share resources to help others?



# In the Episode: Time, Talents & Resources

Here are examples of how the characters in this episode use their time, talents, and resources to spread kindness. Look at these examples and then use the worksheet on the next page to share ways that YOU can spread kindness in your community

Time	Talents	Resources
Kaiten shares his TIME by helping Qwana with the leaves.	Kaylay does a Fleep concert for everyone in the Land of Qook-a-Lackas.	Kreel gives a Qwokiemon card to Kaiten.
Kreel offers to take the time to sit with Kaiten.	Keer asks the neighbors if they need help repairing their homes or Kwagons!	Qwintin has a lot of extra books and shares them with the community.
KwooWeek takes many moons to bring the gummy bears to life.	KwooWeek invents gummy bears!	Kianna brings yellow flowers to the concert for everyone to take home.
Kaiten's Parent Kenly moves to the land of Qook-a-lackas to help solve their farming problems.		



# Ways I Can Share My Time, Talents & Resources



**Activity:** List some ways that kids can spread kindness through sharing their time, talents and resources.

Time	Talents	Resources



### Spread Sweet Kindness Card

PreK-3rd Grade



#### Goals

- ♥ Cultivate empathy as we think of people in our community who would benefit from a random act of kindness
- ♥ Encourage children to do something specific to show they care and help others!

#### Materials



##### Get Ready!

- ♥ Art supplies: crayons, colored pencils, markers and/or stickers.

#### Instructions



##### Discuss: Who to help?

Discuss who you could help in your community (your school, neighborhood, or students' families). Here are some questions to get the class discussion started:

- ♥ Name someone in your community you see every day but don't know very well? (This might be a mail carrier, grocery store clerk, a school secretary...)
- ♥ Who was the last person to surprise you with kindness?
- ♥ Is there anyone in your community who is going through a tough time right now? (A neighbor who just had surgery, a friend who lost a pet, a family member or who is lonely...)



##### Activity: Make "Cultivate Sweet Kindness" Cards

- ♥ Using the card template provided on the following page, fold the paper in half to create a card. Decorate the front of the card with crayons/markers/pencils. Use stickers or art supplies to decorate. Inside, write or draw a message.
- ♥ Optional: Make two copies of the card for each child. Encourage them to share it with someone else in the community!
- ♥ Optional: Take a class field trip to the post office to mail the cards or go — as a group — to hand deliver them to people in the school building.



##### Sharing Time

Invite the students to share their creations. Are there any trends? What can the students learn from each other's cards?

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**GROW**  
*Kindness*

