Muzicbug
Happy Hearts. Strong Minds. ™

Activity 1

Winnie's Kindness Hunt™

Can you spot 5 acts of kindness?

Look carefully! Circle the 5 kind things happening in the garden.



Now it's your turn!

Draw a picture of YOU being kind!



Little acts of kindness can make a big difference!

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Activity 2



What Could Winnie Do?

Look at each picture and talk to a grown-up about what is happening.
What could Winnie do to be kind?
Colour the dot beside each kind choice. There can be more than one answer!

1 A friend is feeling sad.





Sit with them and be a friend.



Give them a kind flower.



Walk away and ignore them.

2 Someone has dropped their crayons.





Help them pick up the crayons.



Ask "Can I help you?"



Walk away without helping.

3 Someone is feeling left out.





Invite them to join in.



Keep playing without them.



Ask "Would you like to play with me?"

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Activity 3

Winnie's Kindness Challenge!

Try these six little acts of kindness at home.
Colour a heart each time you complete one!
You can do them over a few days!

1



Say thank you.
Show someone you appreciate them.

2



Give a friendly greeting.
Say hello with a smile.

3



Say something kind.
Share a nice word or compliment.

4



Help tidy up.
Put some toys away.

5



Give someone a helping hand.
Help with a little job, like setting the table.

6



Make something for someone.
Draw a picture to make someone's day.

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Continue with Winnie!

More fun ways to explore Being Kind!

1 Discover the Full Being Kind Activity Pack

15 fun pages filled with activities, games and printables to help your child explore being kind, build positive habits and have fun every day!



Explore the Full Activity Pack!

2 Watch Winnie's Doctor Worm Song

Join Winnie in her fun song about being kind, helping others and looking after each other!



Watch on YouTube

3 Meet All 20 Muzicbug Life Skills

Join Winnie and all the Muzicbug friends and discover 20 fun songs and stories that help children learn important life skills.



Meet All 20 Characters!



Little acts of Kindness make a big difference!