

METHACTON STUDENT SUMMER PACKET



5 THINGS THAT I LIKE ABOUT MYSELF...

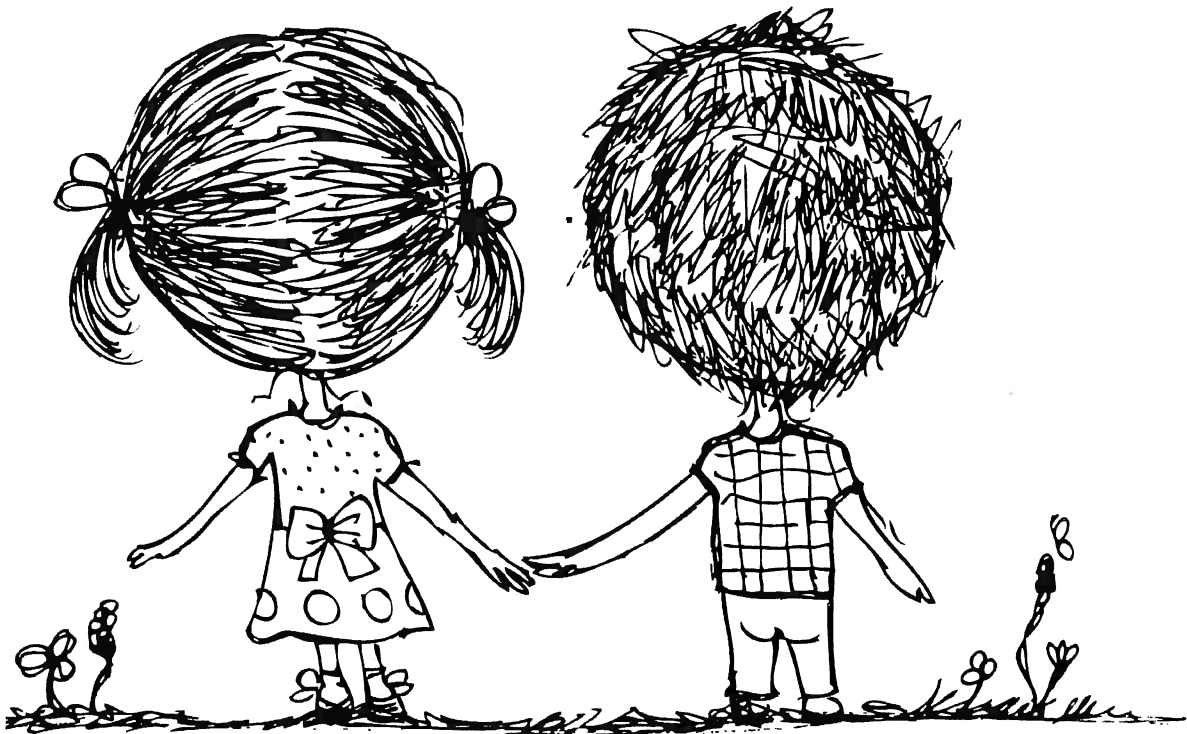
1)

2)

3)

4)

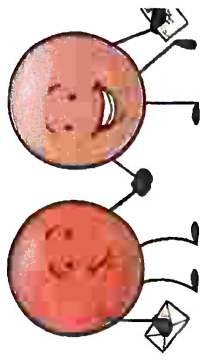
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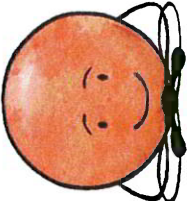
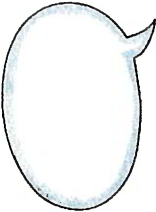
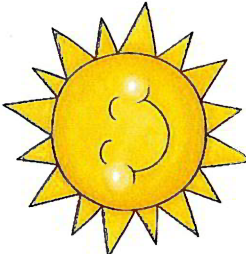
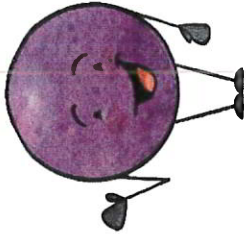
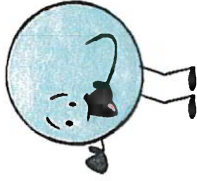
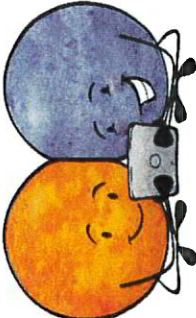
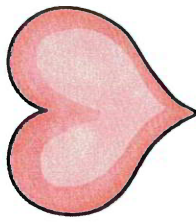
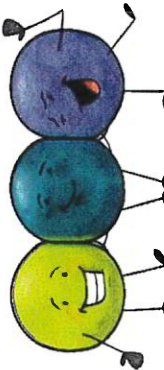

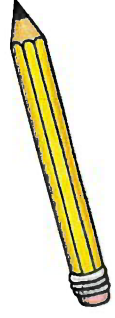
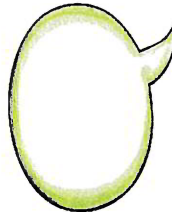
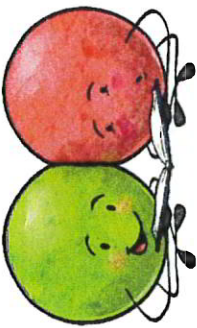



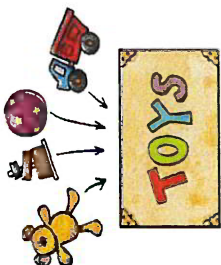

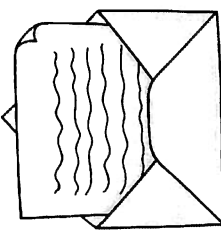
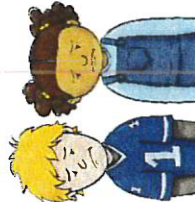



Name: _____

Date: _____

I Can Show Kindness!

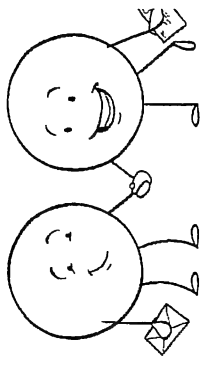


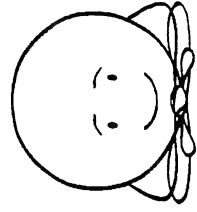
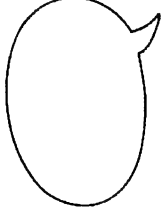
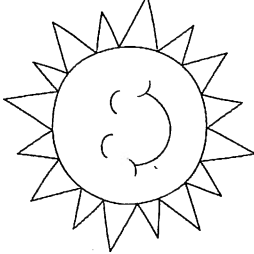
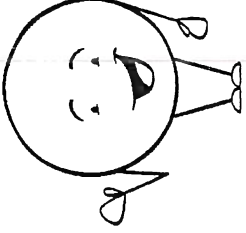
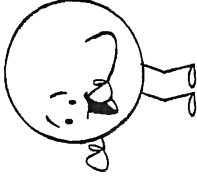
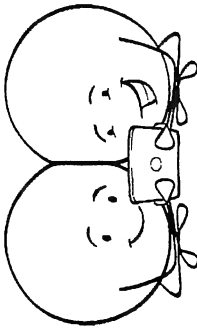
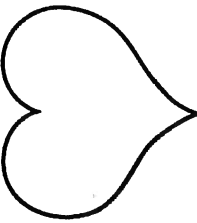
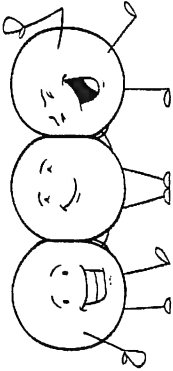

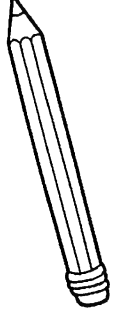
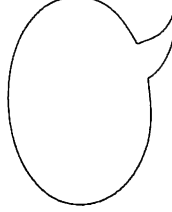
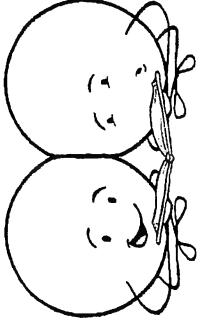
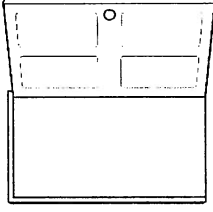
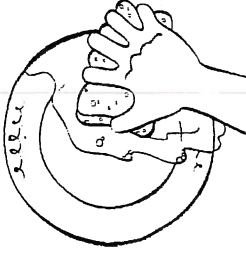

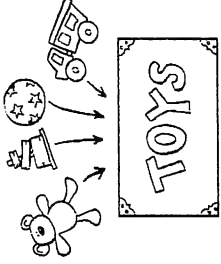
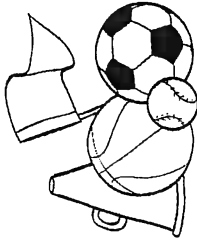
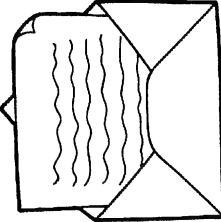
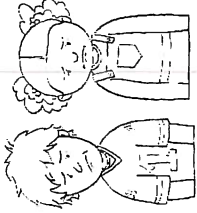

Let someone else go first 	Give a kind compliment 	Say "good morning!" 	Say "hi" to someone 	Tell someone "thank you" 
Share with someone else 	Offer to help someone out 	Invite someone to join you 	Give someone a high-five 	Write a compliment list about yourself 
Ask someone how they are 	Work with someone new 	Hold the door open 	Do an extra chore 	Forgive someone for a mistake 
Help clean up 	Spend time with a friend 	Write a kind note 	Help someone having a tough day 	Just listen to a friend 

Name: _____

Date: _____

I Can Show Kindness!



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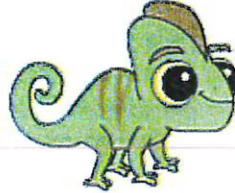


HOW AM I FEELING?

Karma is a chameleon. A lot of people think chameleons change color to match their surroundings, but they REALLY change color to show their moods or feelings.



SAD



CALM



MAD

Directions: Color Karma how you think she feels in each situation.



1. Karma lost her favorite stuffed animal.



2. Karma got in trouble for talking in class.



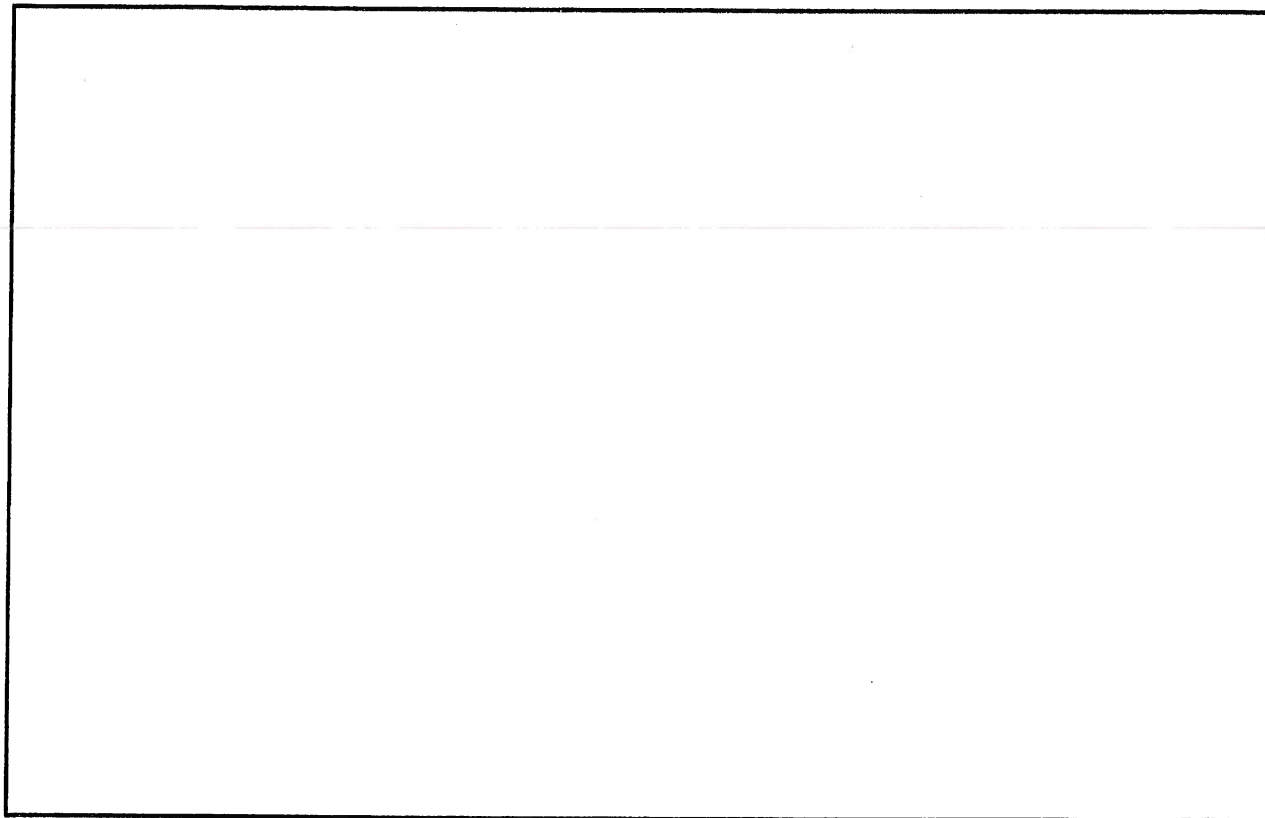
3. Karma's classmate bumped into her in line by accident.



4. Karma's friend won't share the crayons.

Name: _____

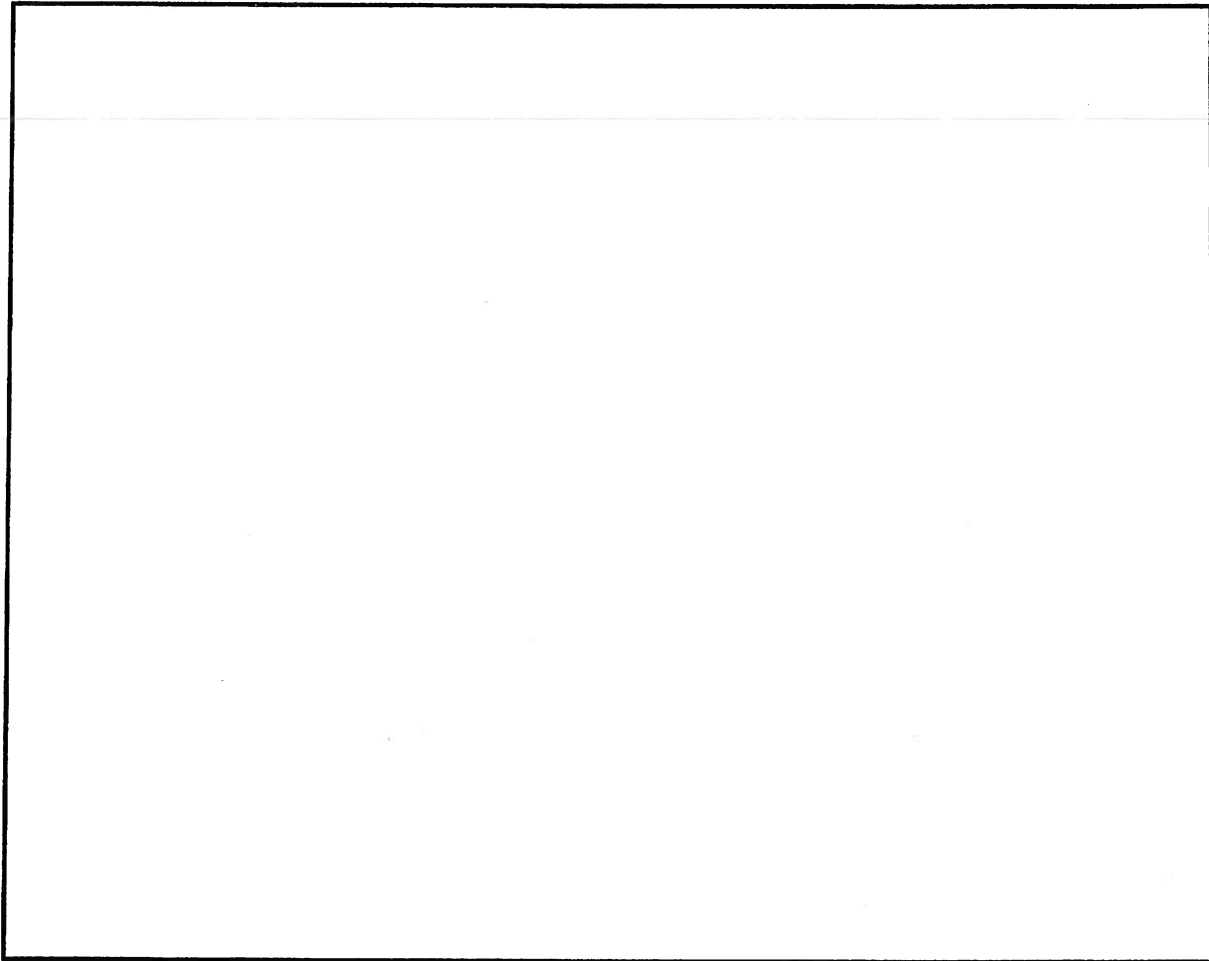
WHAT MAKES ME HAPPY TODAY?

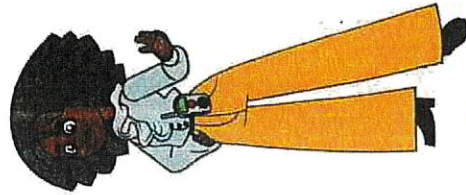
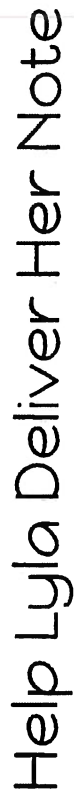


Name: _____

WHEN SOMEONE IS FEELING...

Directions: In the space below, draw and write about a time that you helped someone feel better.





Name: _____

THINK Before You SPEAK

Directions: Read each statement on the left.

If you think you should keep that statement to yourself, draw a line from it to the brain.

If you think that it would be helpful to say out loud, draw a line from it to the mouth.

Your snack looks gross.

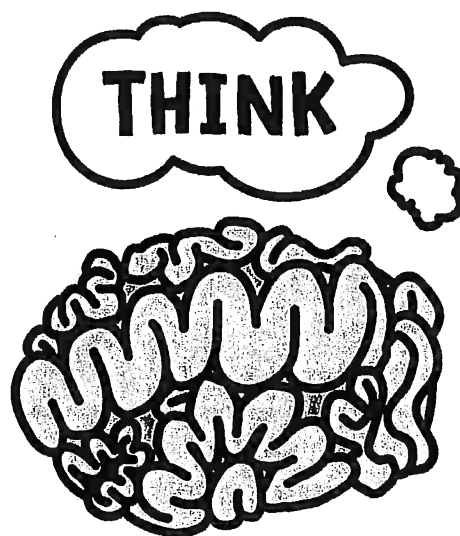
Your glasses make you
look weird.

You did a great job
with your art project.

I don't want to pick
you for my team.

I really like your shirt.

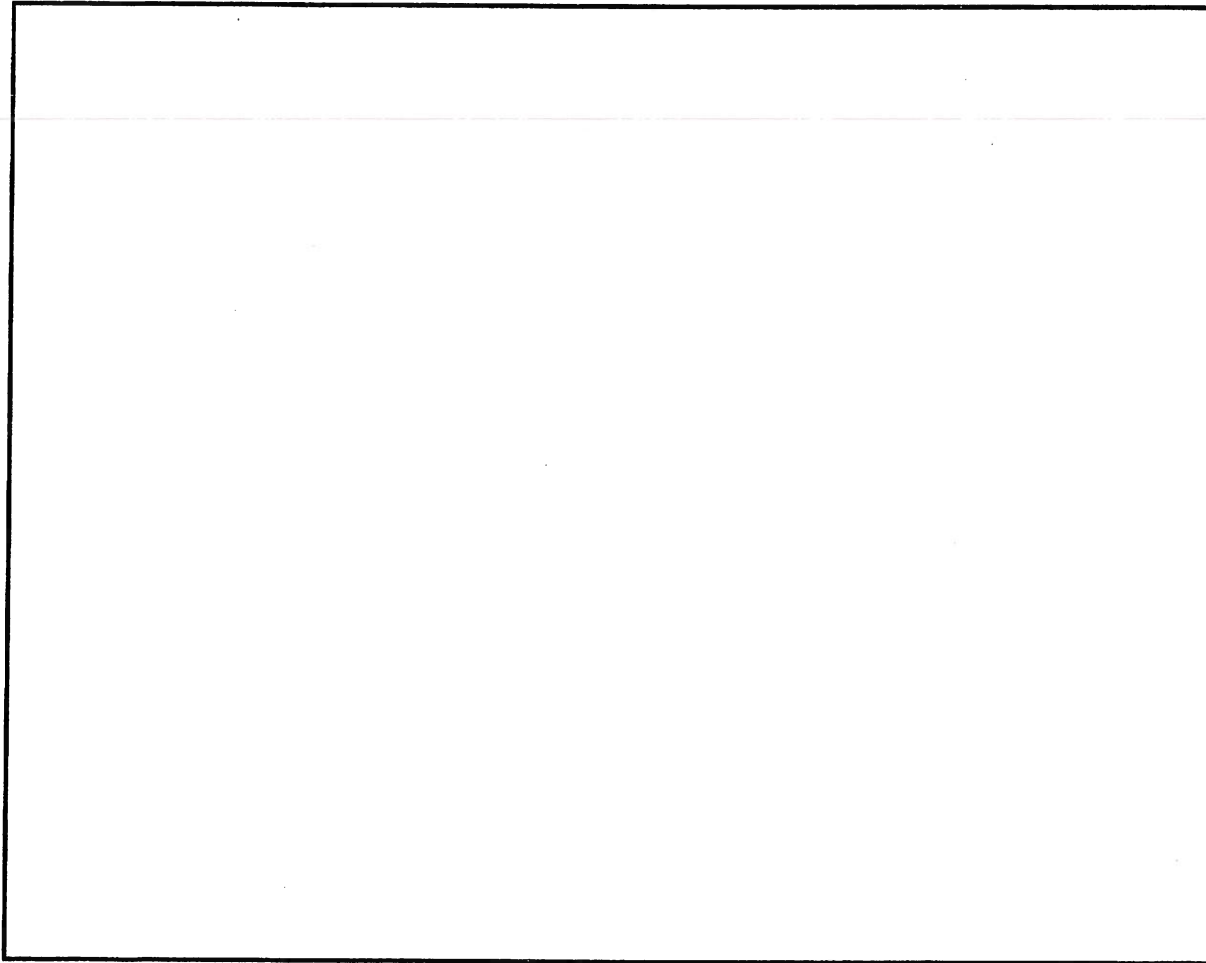
I can run faster than
you and beat you.



Name: _____

FEEL WHEEL

Directions: Write about how you are feeling today and draw a picture to show what's making you feel that way.



Kindness Notes

Use these cut-outs to brighten someone's day!

Write a special message, draw a picture,
say thank you, whatever you want!

