



by Janerine Watson

Children's Printable Kit



INTRODUCTION

"Welcome to Your Kindness Song Kit!"

Hi there! I'm [Your Name], an early childhood educator and the founder of Kids Songs Learning Hub. I created this kit because I've seen firsthand how music can transform lessons on sharing, empathy, and kindness from a struggle into a song-filled game. Thank you for downloading this resource—you're taking a beautiful step towards raising a more compassionate child."



"Why Songs for Kindness?
Songs are magic for little brains! The combination of rhythm, rhyme, and repetition makes lessons unforgettable. When we sing about empathy and kindness, we're not just telling our children what to do; we're helping them feel it. This kit uses that power to make big concepts like empathy simple, concrete, and, most importantly, fun."

Janerine Watson



"Here's What You'll Find Inside Your Kit:

:

- 4 Original Kindness Songs: Simple, catchy lyrics set to familiar tunes.
- 4 Activity Cards: Easy games to make each lesson stick.
- "My Feelings" Flashcards: Build your child's emotional vocabulary.
- "I Am a Helper!" Sticker Chart: Track progress and celebrate wins!
- Bonus Conversation Starters: Keep the talk about kindness going."

"Your Simple 3-Step Plan to Get Started:

1. Pick One Song: Don't try to do it all at once! Start with the song that best fits a current challenge (e.g., start with "It's Your Turn Now" if sharing is a struggle).
2. Sing & Play: Learn the song together and then try the matching activity. Keep it light and joyful—perfection is not the goal!
3. Celebrate & Repeat: Use the sticker chart to celebrate every try. Repeat the same song for a few days before moving on to a new one. Repetition is key!"

"A Note from Me:

You are your child's first and most important teacher. Your patience and playfulness mean more than any printable ever could. Use this kit as a tool to connect, not as a curriculum to complete. Have fun with it!"

We Love to See Your Kindness in Action!

Did your child love the Puppet Play activity? Did they earn their first helper sticker? Share your stories with us.

For more resources like this, visit us at www.kidssongslearninghub.com.





A Song About Sharing & Taking Turns



Sing to the tune of "Row, Row, Row Your Boat"



(Verse 1)

It's your turn to play,
It's your turn today.
Happily, happily, happily, happily,
I'll share my toy with you!

(Verse 2)

I will wait right here,
I know you'll be fair.
Soon it will be my turn again,
That's what good friends do!

(Chorus)

**My turn, your turn,
We know how to share!
Taking turns is how we show
How much we care!**

Activity Reminder: Don't forget to try the "Taking Turns Game" on your activity card!

Pro Tip: Use a visual timer (like on your phone) to make "waiting" feel concrete and fair for your little one.

Instructions:



1. Introduce the Game:

"We're going to play a fun game about taking turns! This timer will help us know when to switch."

2. Set the Timer:

Set the timer for a short period (2-3 minutes is perfect for young children).

3. Sing and Play:

Start the timer. As your child plays with the toy, sing the "It's Your Turn Now" song to them.

4. Switch on Time:

When the timer goes off, cheerfully say, "All done! Now it's MY turn!" and gently take the toy. This is not a punishment; it's just the rule of the game.

5. Sing Again:

Now, you play with the toy while you sing the line, "Soon it will be my turn again!"

6. Pass It Back:

When the timer goes off again, it's their turn! Hand the toy back and celebrate. **"Your turn again! You waited so patiently!"**



A Song About Empathetic Listening



Subheading: Sing to the tune of "Frère Jacques" (Are You Sleeping?)

Verse 1)

I'm listening, I'm listening,
With my heart, with my heart.
My eyes are watching you,
My ears are listening too,
I care for you, I care for you.

(Verse 2 – Call & Response Version)

Tell me how you feel, tell me how you feel,
I will understand, I will understand.
Are you happy? Are you sad?
Have you feelings to be had?
I'm your friend, I'm your friend.

(Final Chorus)

I'm listening, I'm listening,
With my heart, with my heart!
I'm listening, I'm listening,
With my heart!

Activity Reminder: Bring this lesson to life with the "Puppet Play Listeners" game on your next activity card!

Pro Tip: As you sing, point to your eyes, ears, and heart. This adds a visual and physical element that helps children understand the meaning behind the words.

"Every time you are a kind helper, add a sticker to the chart!"



Helper's Name: _____

When I fill my chart, we will
celebrate by:

- ☐ An extra story at bedtime!
- ☐ A family dance party!
- ☐ Choosing a special game to play!
- ☐ A trip to the park!





"Every time you are a kind helper, add a sticker to the chart!"



Helper's Name:

"I Am a Helper!" Sticker Chart.



"Every time you are a kind helper, add a sticker to the chart!"

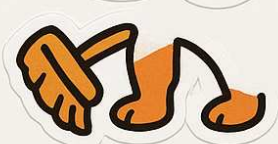
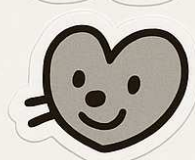
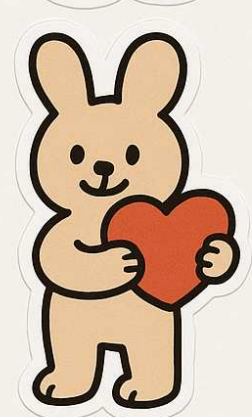
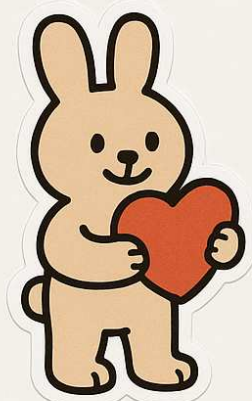


Helper's Name:

"I Am a Helper!" Sticker Chart.







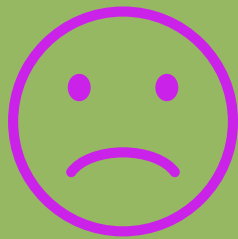
"Every time you are a kind helper, add a sticker to the chart!"



Instructions for Grown-Ups:

How to Use This Chart:

1. **Catch Them Being Kind:** When you see your child helping, sharing, or listening with their heart, point it out! Say, "You were such a good helper when you picked up your toys! You get to add a sticker to your chart!"
 2. **Make it a Ritual:** Let your child choose the sticker and place it on the chart themselves. This gives them a sense of ownership and accomplishment.
 3. **Celebrate the Effort:** The goal isn't perfection. Praise the effort and the action, not just a full chart. This builds intrinsic motivation.
 4. **Keep it Going:** When the chart is full, celebrate together! Then, print a new one and start again.
- Pro Tip:** For younger toddlers, you can add a sticker for any attempt at helping, even if the job isn't done perfectly. The goal is to associate the act of helping with positive feelings.



Flashcard Set (8 Cards Total)



A Guide to Understanding Big Emotions



A Guide to Understanding Big Emotions



How to Use These Cards:

For Parents & Educators:

- **Emotion ID:** Hold up a card and ask, "What feeling is this?" Have your child make the face themselves.
- **Sing Along:** Use the "My Feelings and Your Feelings" song and hold up the corresponding card for each emotion you sing about.
- **Storytime:** When reading a book, ask, "How do you think this character feels?" and have your child find the matching flashcard.
- **Check-Ins:** Use the cards to help your child express their own feelings. Ask, "Which feeling best shows how you're feeling right now?"

Pro Tip: For best results, laminate the cards after cutting them out! This makes them durable enough for little hands to use over and over again.



A Guide to Understanding Big Emotions



A Guide to Understanding Big Emotions



Happy



Sad



Angry



Surprised



Tired



Silly



Loving



A Guide to Understanding Big Emotions



A Guide to Understanding Big Emotions





happy





SAD





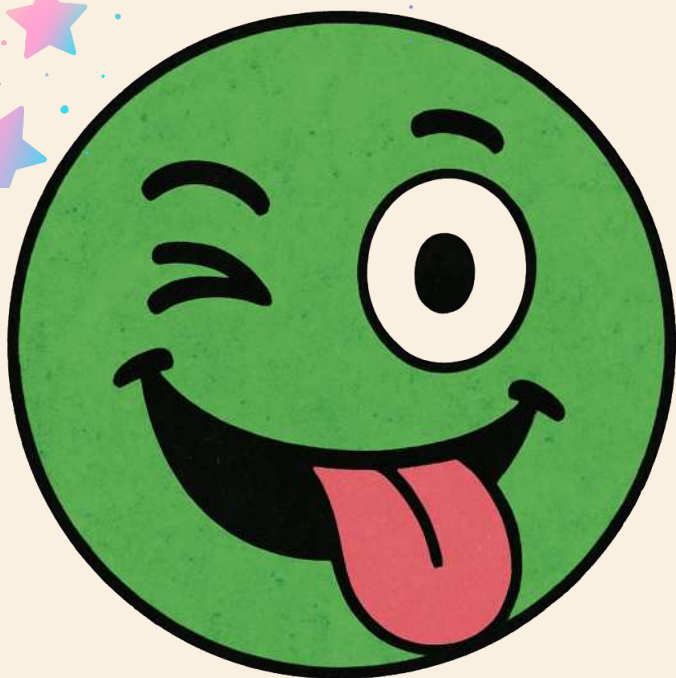
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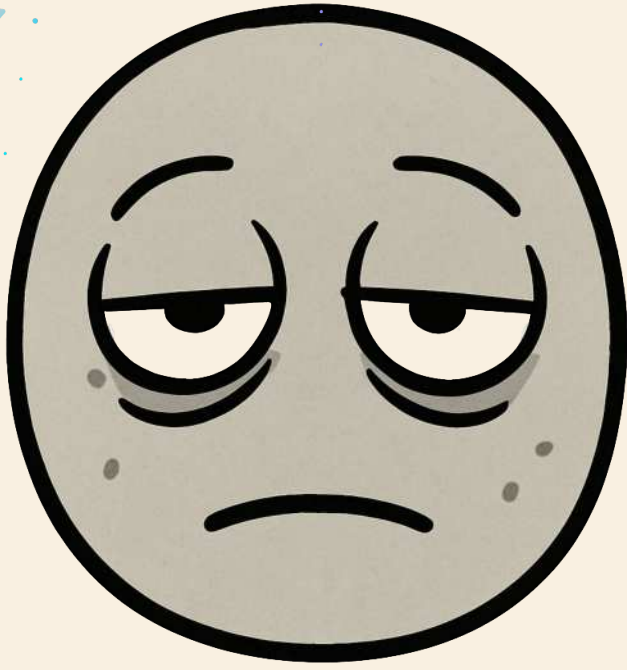
Scared



SURPRISED



Silly



Tired



LOVING



Simple Prompts to Connect with Your Child's Heart

USE THESE QUESTIONS AT DINNER, IN THE CAR, OR AT BEDTIME TO KEEP THE CONVERSATION ABOUT KINDNESS GOING.



How to Use These Prompts:

- There are no right or wrong answers. The goal is to listen and understand your child's perspective.
- Follow their lead. If a question sparks a big conversation, lean into it!
- Share your own answers too! This models vulnerability and shows that talking about feelings is a normal, healthy thing to do.

The Prompts:

Category 1: Reflecting on the Day

- What was the kindest thing you did for someone today?
- Did anyone do something extra kind for you? How did it make you feel?
- What was one way you were a good helper today?

Category 2: Talking About Feelings

- If you could draw your feeling right now, what color would it be?
- Tell me about a time today you felt really happy (or sad, or frustrated).
- What's something that always makes you feel better when you're upset?

Category 3: Thinking About Others (Empathy)

7. If you saw a friend who was crying, what would you do to help them?
8. How can we tell how someone else is feeling? What clues can we look for? (e.g., their face, their voice, their body)
9. If you could make one person in our family smile right now, what would you do?

The Prompts:

Category 4: Looking Forward

- 1What's one way we can be kind to each other tomorrow?
- How can we be kind to our planet/animals/community?
What's one thing you'd like to get better at, like sharing or listening?

A Note for Grown-Ups:

Pro Tip: Don't force it! If your child isn't in the mood to talk, that's okay. Just asking the question plants a seed. You can always answer it yourself: "You know what made me feel happy today? When you helped me pick up your toys without me asking. That was so kind."

Remember: These small conversations are where the real magic happens. They show your child that their thoughts and feelings are important to you.

For more resources on raising kind, empathetic kids, visit us at: www.kidssongslearninghub.com