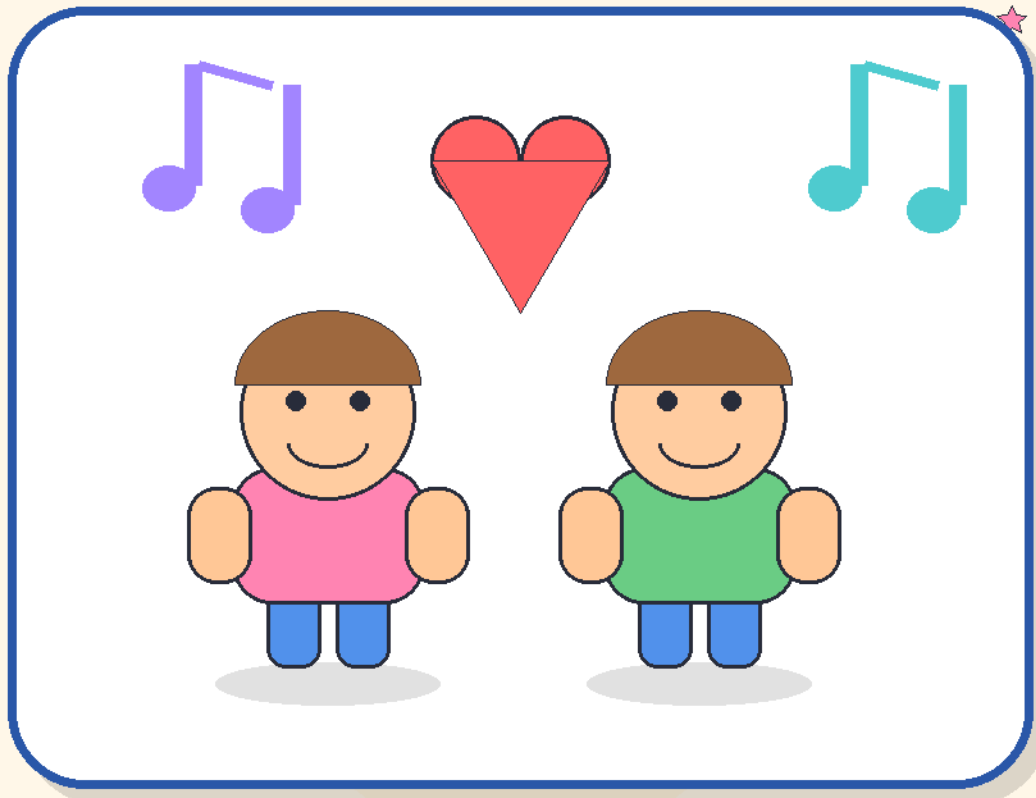


Kindness Song Kit

Songs, cards and activities for little helpers with big hearts



**Practise sharing, listening, helping
and kind words through music and
play.**

How to Use This Kit

Short, warm and playful



1

Pick one kindness song

Start with sharing, listening, helping or feelings.

2

Act it out

Use puppets, toys, facial expressions and simple actions.

3

Practise in real life

Sing during tidy-up, turn-taking or caring moments.

4

Celebrate effort

Notice gentle words, waiting, helping and trying again.

Parent note: Kindness grows through modelling, repetition and gentle practice. The songs are prompts, not pressure.

Kindness Song Lyrics

Sing and repeat together



It's Your Turn Now

It's your turn now,
It's your turn today.
I can wait and watch you play.
Soon it will be my turn too,
That's what kind friends do.



I Am a Helper

I am a helper,
Small but strong.
I can help as I sing this song.
Pick up toys, pass a spoon,
Little helpers help the room.



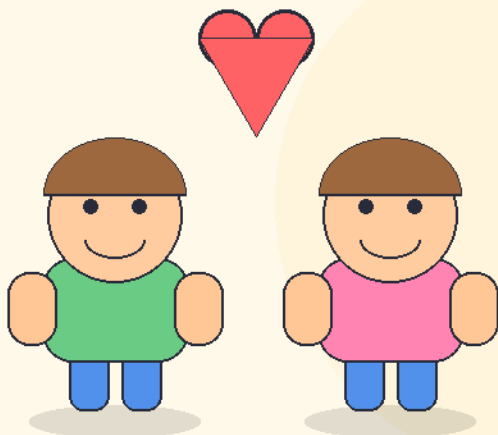
Sharing Song Activity Card

Practise turn-taking gently



Song to sing

It's your turn now. It's your turn today. I can wait and watch you play. Soon it will be my turn too. That's what kind friends do.



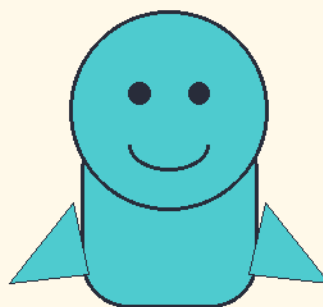
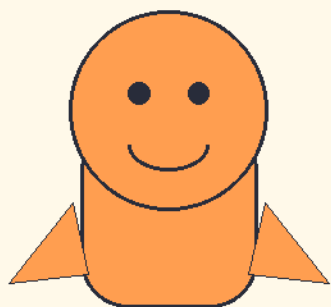
Try this

- ☐ Choose one toy
- ☐ Use a short timer
- ☐ Sing while waiting
- ☐ Swap turns kindly
- ☐ Praise waiting

Kindness phrase: 'I can wait. You can have a turn. Then it will be my turn again.'

Listening With My Heart

A puppet play card



How to play

Let one puppet share a feeling. The other puppet listens, nods and says, 'Are you okay?' or 'I am here with you.'

Listening words

I hear you.

I can help.

Are you okay?

I will stay.

I Am a Helper Chart

Tick kind helping jobs



☐ Pick up toys

☐ Pass a spoon

☐ Put books away

☐ Help set table

☐ Sort socks

☐ Water a plant

☐ Share a toy

☐ Use kind words

☐ Help tidy art

☐ Give a gentle hug



Celebrate effort: 'Thank you for helping. That was kind.'

Feelings Face Cards

Name feelings and practise care



I can feel this.



Sadly

I can feel this.



I can feel this.



I can feel this.



Excited

I can feel this.



I can feel this.

Ask gently: 'What could help this face feel better?' Children can point, act, answer or use a puppet.

Kind Words Practice

Say, trace or act them out



Please



Thank you



Are you okay?



I can help



Your turn



I am sorry



Good job



I will wait

Kind words are practised best in real moments. Model them slowly and warmly.

Weekly Kindness Tracker

Tick kind moments through the week



Day	Shared	Helped	Listened	Kind words
Monday	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐
Thursday	☐	☐	☐	☐
Friday	☐	☐	☐	☐
Saturday	☐	☐	☐	☐
Sunday	☐	☐	☐	☐

At the end of the week, talk about one kind moment you noticed. Keep it positive and simple.

Little Kindness Helper

Certificate



This certificate is awarded to

for practising kindness, helping,
listening and caring words.

Big Heart Award

Date

Signed

