

Be kind!

Kindness comes in many forms! Use the list below to check off acts of kindness you can do. You can also write in your own!

☐ Help with the dishes

☐ Draw a picture for a friend

☐☐☐

SPOT THE DIFFERENCE

Some kids at school have set up a special lunch table so that no one has to sit alone. Can you find the differences between the picture on the top and the picture on the bottom? Hint: There are five. Please write them down with complete sentences:

In the first picture there is/are or I can see that/ I can't see a/an...

In the second picture...

Picture 1:



Picture 2:



SHOW YOUR STRENGTH

Strength is about more than just muscles. Write a text (100 words) about what strength means to you:

SAY THANK YOU

In *Be Strong*, Tanisha writes one hundred thank-you notes to strong people. Write a letter to someone in your life who is strong!

Dear _____,

Thank you for being strong!

From,

From *New York Times* bestselling creators
Pat Zietlow Miller
and **Jen Hill**

