



Ripple Kindness
SEL Teaching Resources



FREE
Kindness Checklists
PRINTER-FRIENDLY & OUTLINES



Ripple Kindness

SEL Teaching Resources

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If you encounter an issue with your file, notice an error, need some advice or help implementing, I'm here to help. I also appreciate any feedback (positive and constructive) to help improve resources as well as photos of them in action. Please **contact me** any time via email.

Have a great day!
Kind regards, Lis

The gorgeous fonts within are by **Kimberley Geiswin Fonts**.

Connect with me!

I'm Lis from Melbourne. I've been making SEL resources for over a decade and I'm here to help if you have a problem with a product you purchased, a question or a suggestion for a resource you'd like.

Please get in touch if you find a mistake, are having any kind of trouble with a resource or would like to connect for any other reason. I'll always do my very best to help you out and would love to chat!

I'd be thrilled to have photos of my resources in action at your school, so please take just a moment to email me [HERE](#) so I can see your interpretation of my products.

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1. Go to your "[My Purchases](#)" page.
2. Click the "Leave a review" link (you can't leave a review until you've used the resource and only paid resources earn credits).
3. Answer each question and leave a review sharing more about your experience with the resource. Then, click "Done."

To redeem your credits, look for "Use Account Balance" located under the "Checkout" button in your cart. Enter the amount you'd like to apply toward your order, and click "Apply." Learn more [HERE](#).

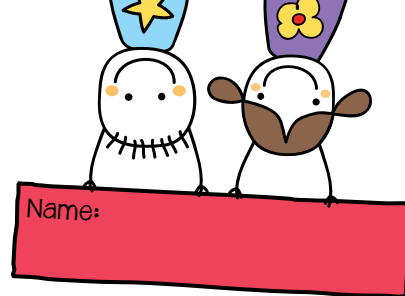
CLICK to follow my store to learn about NEW resources and FREEBIES!



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SEL Teaching Resources



Kindness CHECKLIST



Your challenge is to perform 3 or more acts of kindness from each list below. Color the hearts so you can keep track of what you do and have fun making smiles! Please ask a parent or teacher if you're allowed to email a photo of you holding your list to lisa@ripplekindness.org so we can see how you did.

Kindness at School

- ♡ Give someone a compliment
- ♡ Give a friend a hug
- ♡ Include people when you play
- ♡ Put a nice note on someone's desk
- ♡ Help an adult with something
- ♡ Give someone a turn
- ♡ Use your manners
- ♡ Help tidy your classroom
- ♡ Make someone a thank you card
- ♡ Talk to someone who looks lonely
- ♡ Listen to someone and really pay attention
- ♡ Tell someone about another person's kindness
- ♡ Put flowers or kind notes on cars in the carpark

Kindness at Home

- ♡ Do a job without being asked
- ♡ Put your stuff away
- ♡ Help a neighbour or friend with something
- ♡ Clean your parent's car
- ♡ Share your stuff or a treat with someone
- ♡ Make your parents breakfast or lunch
- ♡ Take out the rubbish/trash
- ♡ Make your bed and tidy your room
- ♡ Help your parents cook dinner
- ♡ Hang the laundry or take it in and fold it
- ♡ Ask before you use someone's stuff
- ♡ Run a bath for your mum/mom or dad
- ♡ Play with your brother, sister or pet

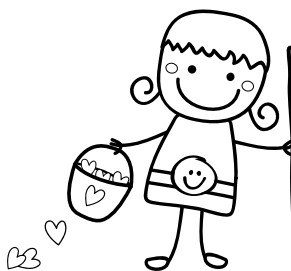
Kindness in the Community

- ♡ Pick up rubbish/litter when you see it
- ♡ Compliment three people
- ♡ Smile at three people
- ♡ Hold a door open for someone
- ♡ Say hello to your neighbours
- ♡ Leave positive messages in public places
- ♡ Write letters to people in nursing homes
- ♡ Donate your old books to a hospital or doctor
- ♡ Take cookies to a police or fire station
- ♡ Set up a free car wash
- ♡ Say hello to an elderly person at the shops
- ♡ Leave bubbles in a park for kids to find
- ♡ Take in a neighbour's rubbish/garbage bin

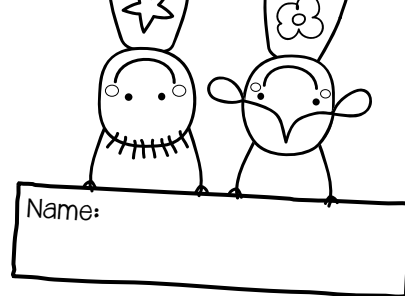
Kindness with Adults

- ♡ Donate stuff you no longer want or need
- ♡ Bake a cake for someone and take it over
- ♡ Hand out flowers or leave on windscreens
- ♡ Walk the dog with or for your parents
- ♡ Pick up rubbish/litter in a park
- ♡ Help at a community event
- ♡ Do things to help without complaining
- ♡ Write positive chalk messages in public places
- ♡ Take a meal to a homeless person
- ♡ Buy an extra ice-cream for a stranger
- ♡ Paint stones with positive messages to give away
- ♡ Take blankets or toys to an animal refuge
- ♡ Wash someone's car together





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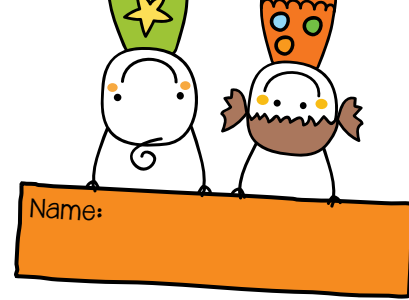
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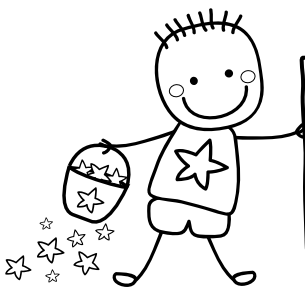
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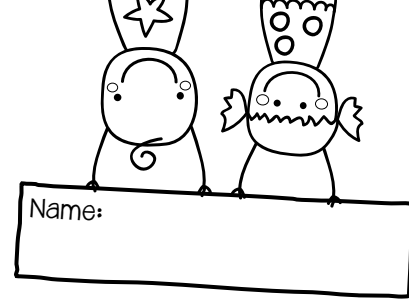
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Editable Kindness Checklists!

Customize a
checklist
for your
grade or have
students make
their own in
Google Slides™

Have your
students
work together
to design and
participate in a
group kindness
challenge



"I am excited to have a tool to
support the principles I am
teaching my children.
Thank you."

- Dana C



"What an easy to follow chart
for kids! I love it!
Thank you!"

- Lara L

Click HERE for a full preview

I'd LOVE to see your photos!!

Please take a few photos of
your display or any of my
resources you use and
email them to me.

I'd love to share how you
spread kindness at your
school in my newsletter
and on socials!

Please email me here!



Ripple Kindness
SEL Teaching Resources

Empathy Unit



Lessons, Worksheets, Posters & Coloring Pages

Kindness Fortune Teller



Ready made or customize in Google Slides™

KINDNESS Coloring Pages



BONUS Introduction to Bucket Filling

KINDNESS CASH

EARN • SAVE • SPEND • GIVE



EARN CASH • BUY COUPONS • GIFT TO CLASSMATES

Calming Strategies BUNDLE



Teach Kids to Cope with Challenging Emotions

FRIENDSHIP MINI BUNDLE



CONVERSATION STARTERS • COLORING • WORKSHEETS • CRAFT

DIGITAL Jigsaw Puzzles ~ KINDNESS ~



4 x 64-Piece Kindness Puzzles in Google Slides

KINDNESS ACROSTIC POEM



ANIMATED PRESENTATION & PRINTABLES

BACK TO SCHOOL KINDNESS MEGA BUNDLE



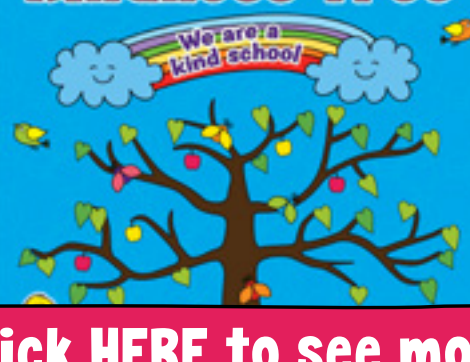
BUILD CHARACTER & NURTURE RELATIONSHIPS

Kindness Checklists & group challenge



Print & Use OR Customize in Google Slides™

Whole School Kindness Tree



BUCKET FILLERS KINDNESS & ANTI-BULLYING



LESSON PLANS, RESOURCES, PRINTABLES

[Click HERE to see more](#)



Thank you

for using one of my resources.
It means a great deal to be able to
inspire children to be kind, caring and
thoughtful human beings.

Please know that I'm passionate
about wellbeing and it's important to me
to be able to provide you with tools that
foster social-emotional learning
in your classroom.

I'm here to help in any way I can
and would love to connect with you to hear
your thoughts or concerns or just to say hi.

Email me at lisa@ripplekindness.org
or find me on socials.



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Credits**



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