World Kindness Day is an international holiday that was introduced in 1998. It is observed on **November 13** as part of the World Kindness Movement.

**PLAY IT**

**ROLL THE DICE!**
Make a numbered list of six acts of kindness that you and the children could do, such as giving someone a hug, saying something nice to another person, doing a chore without being asked, drawing a picture for somebody, telling your favorite joke, or sharing something you enjoy. Each player rolls a die, and they make an effort to do the act that matches the number on the die before the end of the day.

**READ IT**

**LESSONS OF KINDNESS**
There are plenty of books that teach children about the importance of empathy, inclusion, and kindness. Here are five titles to look for at your local library:

1. *Most People* by Michael Leannah
2. *Come with Me* by Holly M. McGhee
3. *Be Kind* by Pat Zietlow Miller
4. *If You Plant a Seed* by Kadir Nelson
5. *I Am Enough* by Grace Byers

**EAT IT**

**WATERMELON POPS**
Use a heart-shaped cookie cutter to make a cute snack-time treat for your children! First, cut a watermelon into half-inch slices. Then, it’s as easy as using the cookie cutter to make watermelon hearts and adding a popsicle stick for a portable and healthy treat. Pair half a cup of watermelon with your choice of milk, meat or meat alternate, vegetable or grain for a #CACFPCreditable snack.

**MAKE IT**

**REACH OUT WITH WORDS**
A hand-made card goes a long way, and people love to receive them, especially grandparents! Use your children’s craft time to have them make a hand-made card out of construction paper for a loved one that they don’t get to see too often. You can also use the opportunity to teach children how to send a piece of mail through the Post Office.

**GIVE IT**

**KINDNESS CLEAN-OUT**
Do you have any toys, books, clothes, or other items in good condition that you no longer use in your house? Have a chat with your children about the importance of giving, and encourage them to choose some of the toys and books to take home or to donate to a local shop.

**GROW IT**

**BE KIND TO THE PLANET**
The Earth deserves kindness, too! Teach children how to plant a tree, a flower, or even their favorite fruit or vegetable. Some climates might not allow for planting outdoors in November, but you can also grow plants and vegetables indoors. Having a plant indoors is not only a pretty decoration, but it can improve the quality of air.

CACFP is an indicator of quality childcare. This institution is an equal opportunity employer.