



# February

A Rose Theater  
FIRST STAGE Publication

A small stage for BIG imaginations



## Theme: Acts of Kindness!



Brainstorm and Discuss  
5-15 minutes  
Ages 3 and Up

### Discuss the following questions:

- What is something kind that someone had done for you?
- How do you feel when someone is kind to you?
- What is something kind you have done for someone?
- How do you think they felt after you were kind to them?
- What is one thing someone had helped you with this week?
- What are ways you can show kindness at home? At school? In your neighborhood?

### Acting Out Kindness!

Every person everywhere! You and the people in your house can work together to act out as many different ways you can think of to be kind!

Step One: Write or draw kind things you can do for others! This is your Kindness List. One of the best ways to be kind is thinking of how you can help others. (Example: Could you help with the dishes? Write a letter to another person?) Try to think of as many different people as possible to be kind to!

Step Two: Pretend to do these activities on your Kindness List! Place all your ideas in a hat or bowl, and choose a person to pick out an idea without looking

Step Three: Take turns acting out those kindness activities! Take turns guessing what everyone is acting out! A fun extra idea is to play music while you are acting out each kindness act, and when the music stops, everyone freezes and gets ready to act out a new idea!



# DO!

Create & Act  
15-25 minutes  
Ages 3 and Up



# EXPLORE!

Observe the World  
15-30 minutes  
Ages 3 and Up

### It's time to bring that Kindness List to life!

**Pick 3 things on your Kindness List and make it a goal to do all 3 this week! Write down your three ideas and cross them off when you or someone else has completed that act of kindness!**

*Kindness Action 1:*

*Kindness Action 2:*

*Kindness Action 3:*



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Draw out how you can be Kind to your friends!

I can be a kind friend by: