

What is the Outside the Box Series?

There are so many AWESOME opportunities to learn and grow on screens right now! So many ways for little minds to create and explore! But we want to make sure we are helping you explore outside of the digital box with your family and friends.

"Outside the Box" activity sheets are published as a part of The Rose Theater's First Stage series and are distributed at Little Libraries and other locations around the Omaha area!

Each month you will find:

- A Think! Brainstorm and discuss between child and caregiver about our theme of the month.
- A Do! Move, Create, or Act out an activity specially created for our littlest learners.
- An Explore! Finding new ways to take in and observe outside world.

We will also have links to other activities you can do on the digital box located on The Rose Theater's website and YouTube page for more fun songs, stories and games.



www.rosetheater.org

February

A Rose Theater FIRST STAGE Publication A small stage for BIG imaginations

Theme: Acts of Kindness!



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 Kindess!

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 Kindess 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 kindess 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!



It's time to bring that Kindness List to life! Pick 3 things on your Kindess 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!

PLORE!

bserve the world 15-30 minutes Ages 3 and Up

Kindness Action 1:

Kindness Action 2:

Kindness Action 3:



15-25 minutes Ages 3 and Up



Draw out how you can be Kind to your friends!





